

# BRAIN FUTURES

Light Up Your Mind

## BRAIN AWARENESS WEEK

GET CONNECTED!  
March 11-17, 2019

Visit [www.dana.org/baw](http://www.dana.org/baw)



### **BrainFutures is Gearing up for Brain Awareness Week!**

BrainFutures is proud to partner with the Dana Foundation in Brain Awareness Week (BAW), a global campaign to increase awareness about the progress and benefits of brain research. Find out how we are participating and how you can become a brain advocate.

[Read More](#)

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## **BrainFutures Director Testifies Before the Maryland House Ways and Means Committee**

On January 31,

Karen Alexander testified before the Maryland House Ways and Means Committee in support of House Bill 110. Her testimony included research about the importance of physical activity to children's brain health and how improvements in executive function skills can promote reading and math achievement. Learn how public elementary schools would benefit from this bill.

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## **How Exposure to Childhood Adversity Can Reduce Cognitive Control and Alter Key Brain Networks**

Exposure to childhood adversity is associated with reduced cognitive control and alterations in key brain networks. Understanding the link between childhood adversity and depression could help healthcare providers offer higher levels of care and proactive prevention.

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### **Can Neuroscience Help Explain Why Shorter Days Can Lead to Darker Moods?**

The winter months bring shorter days and darker nights; for some people, they also bring a darker mood. Seasonal affective disorder (SAD), a type of seasonal depression commonly known as “winter blues,” affects one in five people. Find out what experts believe to be the culprit.

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## Share information with the BrainFutures community!

In coming weeks, we will be highlighting news and resources from the BrainFutures community. Please submit information that you'd like us to share across our network to [info@brainfutures.org](mailto:info@brainfutures.org)

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### Mission

BrainFutures accelerates adoption of effective applications of brain science advances to maximize human potential.

### Vision

Science-based brain health practices will be widely accessible to people of all ages, enabling improvements in learning, enhancement of cognitive performance, prevention of debilitating brain conditions and effective treatment of mental health and substance use conditions.

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