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# THE 60-SECOND CONNECTION CHALLENGE

THE BRAIN LONGEVITY SERIES



# Welcome Dearest

When I saw a healthy brain and a dementia-affected brain during my neurobiology course, tears welled in my eyes at the stark difference. The healthy brain was full and vibrant; the other, shrunken and empty. In that moment, I thought of my father who lived joyfully to 95 without cognitive decline, cooking, experiencing life & painting in his atelier until his final months.

This contrast ignited my mission with PREVENTIA—to help others protect their most precious asset through five essential pillars: Knowledge, Exercise, Nutrition, Sleep, and Community.

I'm sharing this guide because I deeply believe dementia is not inevitable. The choices we make daily can write a different story for our future. I hope this resource brings you both practical tools and renewed hope. Your brain has an astonishing capacity for resilience—and I'm here to help you nurture it. To your vibrant brain health,

*Kathryn Ann*

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# THE HEART TO BRAIN CONNECTION

*"The feeling of belonging is a  
protective shield for our brain and our  
health."*

— PREVENTIA



QUESTIONS?

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# THE MOAI INSPIRATION

This challenge draws inspiration from the "moai" tradition in Okinawa, Japan—one of the world's "Blue Zones" where people commonly live way past 90, even 100 with excellent cognitive health.

In Okinawa, children are placed in small social groups called "Moai" that provide mutual support throughout their entire lives. Members meet regularly, offer emotional and practical support, and create a sense of belonging that lasts decades.

While we may not have lifelong Moai, we can intentionally cultivate meaningful connections that provide similar benefits for brain health.





# THE 60-SECOND CONNECTION CHALLENGE

Meaningful connection doesn't require hours of time—even brief, authentic interactions can activate the positive neurochemical responses that protect your brain. This challenge invites you to create small moments of genuine connection throughout your day.

## THE CHALLENGE: CONNECT WITH ONE PERSON EACH DAY

**How it works:** Choose one person each day—it could be a stranger, an acquaintance, or someone you know well. Spend just 60 seconds creating a moment of genuine connection.

With strangers or acquaintances:

- Make eye contact and smile at the cashier
- Ask your barista about their day—and really listen
- Compliment someone sincerely
- Start a brief conversation in a waiting room
- Thank someone specifically for their service

With people you know:

- Ask a question that goes beyond "How are you?" (try "What was the highlight of your day?")
- Share something you appreciate about them
- Recall a shared memory
- Ask for their perspective on something you're thinking about
- Touch their arm or offer a hug (when appropriate)

The key elements are simply to be fully present and to listen attentively. By simply showing genuine interest you'll make your and the other persons day just a bit brighter.



# TRACKING YOUR 60-SECOND CONNECTIONS

Use this simple tracker for 7 days to observe how these micro-connections affect your mood, energy, and sense of well-being:

Day 1:

- Person I connected with: \_\_\_\_\_
- Nature of interaction: \_\_\_\_\_
- How it made me feel: \_\_\_\_\_
- \_\_\_\_\_

Day 2:

- Person I connected with: \_\_\_\_\_
- Nature of interaction: \_\_\_\_\_
- How it made me feel: \_\_\_\_\_
- \_\_\_\_\_

Day 3:

- Person I connected with: \_\_\_\_\_
- Nature of interaction: \_\_\_\_\_
- How it made me feel: \_\_\_\_\_
- \_\_\_\_\_

Day 4:

- Person I connected with: \_\_\_\_\_
- Nature of interaction: \_\_\_\_\_
- How it made me feel: \_\_\_\_\_
- \_\_\_\_\_



Day 5:

- Person I connected with: \_\_\_\_\_
- Nature of interaction: \_\_\_\_\_
- How it made me feel: \_\_\_\_\_
- \_\_\_\_\_

Day 6:

- Person I connected with: \_\_\_\_\_
- Nature of interaction: \_\_\_\_\_
- How it made me feel: \_\_\_\_\_
- \_\_\_\_\_

Day 7:

- Person I connected with: \_\_\_\_\_
- Nature of interaction: \_\_\_\_\_
- How it made me feel: \_\_\_\_\_
- \_\_\_\_\_

### **After 7 days, reflect:**

Which interactions felt most meaningful?

Did you notice any patterns in how connections affected your mood?

Did any surprising or unexpected connections occur?

How might you continue or expand this practice?

# DEEPENING THE PRACTICE

Once you've completed the 7-day challenge, consider these ways to strengthen your social connections further:

## 1. Create rituals of connection:

- A weekly phone call with a friend
- Monthly dinners with neighbours
- Regular walks with a walking buddy

## 2. Practice vulnerability:

- Share something you're struggling with
- Ask for help with something small
- Express appreciation specifically and personally

## 3. Expand your community:

- Join a class, club, or volunteer
- Participate in community events
- Reconnect with old friends



Remember, **quality matters more than quantity.** Research shows that having just 3-5 close relationships provides significant protection against cognitive decline.



# EMBRACING THE PRIVILEGE OF AGING

"GETTING OLDER IS A PRIVILEGE DENIED TO MANY."

This simple truth invites us to shift our perspective—from fearing ageing to embracing it as the remarkable gift it truly is. Each year brings new opportunities for growth, connection, and wisdom. Yet embracing ageing doesn't mean passively accepting whatever comes our way. It means living with intention, making choices that protect our most precious asset: our brain.

These five facts merely scratch the surface of what we know about brain health and dementia prevention. These free guides in THE BRAIN LONGEVITY SERIES want to start the conversation on what is possible when we approach brain health holistically.

For a deeper understanding and practical strategies across all five PREVENTIA pillars (Knowledge, Exercise, Nutrition, Sleep, and Community), reach out to learn about our workshops and individual coaching options!

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NEED MORE INSIGHT  
& SUPPORT?

# PREVENTIA OFFERS MORE

If you're curious about deepening your understanding of brain health, PREVENTIA provides:

- **Educational Workshops** exploring all five pillars of brain health in depth
- **Personalised Coaching** to develop strategies tailored to your unique lifestyle and needs
- **Community Events** that combine learning with the cognitive benefits of connection
- Additional Resources on specialised topics like sleep optimisation, stress management techniques, and targeted nutrition strategies

Our approach is always evidence-based, practical, and focused on abundance rather than restriction. We believe in making brain health accessible, enjoyable, and integrated into your existing life—not something that requires dramatic upheaval.

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## CONNECT WITH US

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