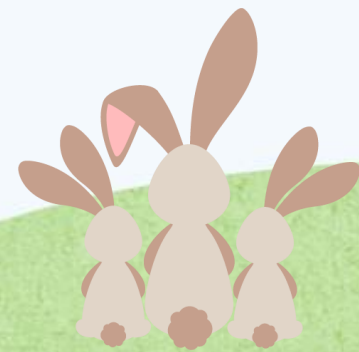


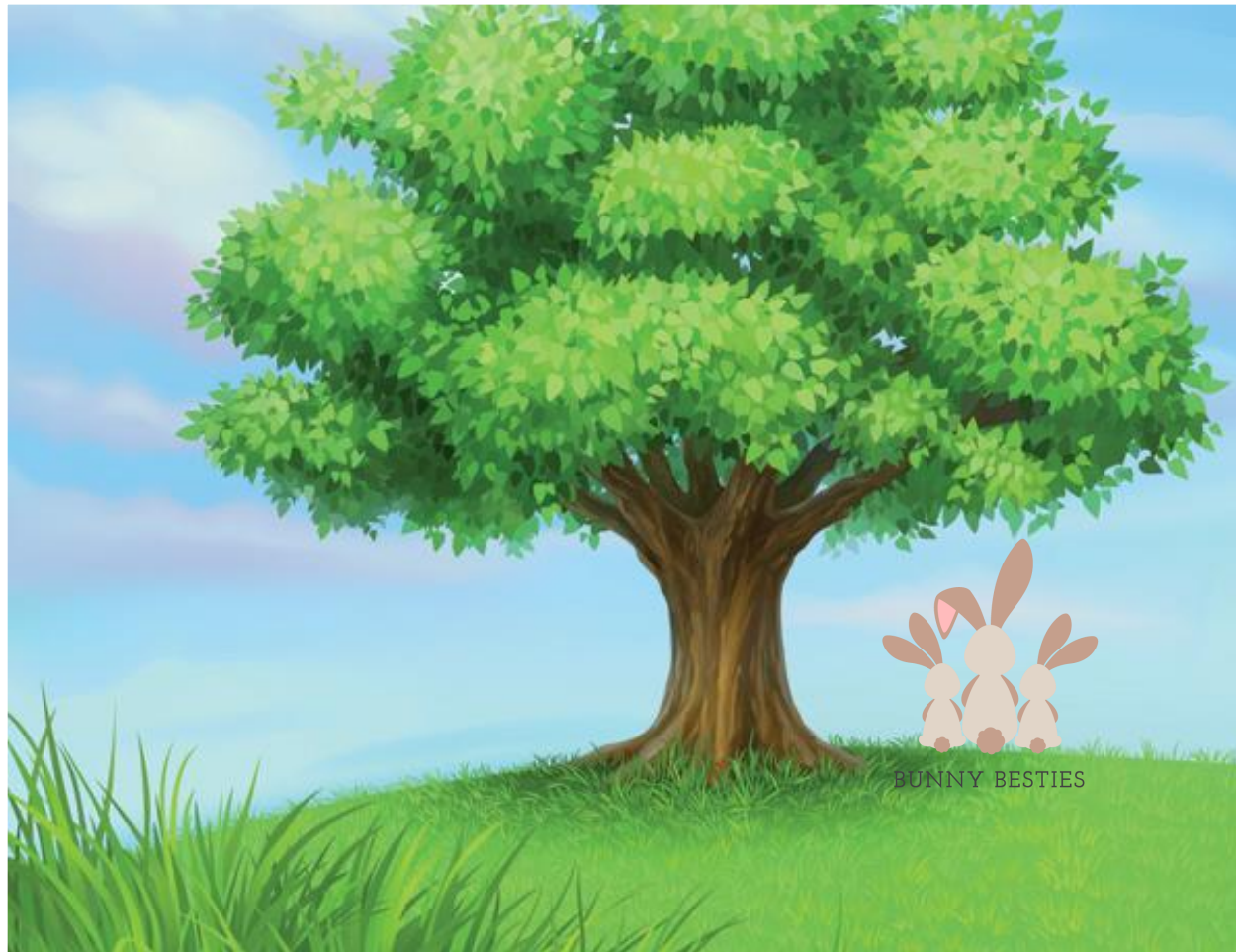


# Bunny Besties Core Offering

*The Bunny Break. What is a bunny break?*



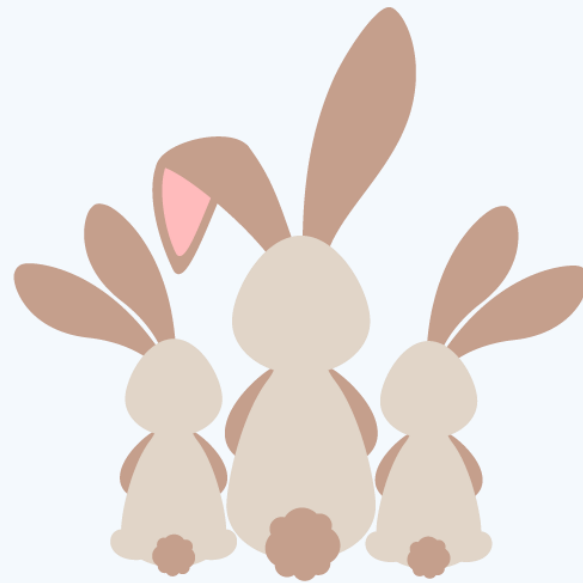
BUNNY BESTIES



## Bunny Break

*What does a bunny break look like to you? Is it time in the park under a tree or is it in a nursing home where you reside with a visiting bunny castle? Or is it in between classes at the UMN where you stop just for a moment to take in cuteness?*

*A Bunny Break = A mental health break*

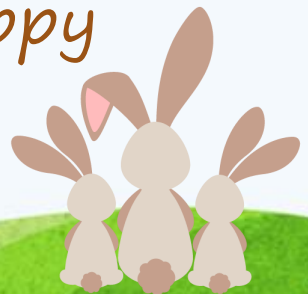


BUNNY BESTIES



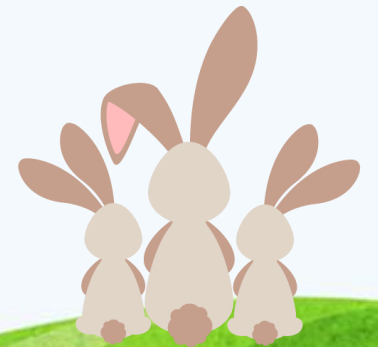
# Mental Wellness is our Goal!

- We have training in Mental Health First Aid, Wellness Coaching, Attention and Interpretation Training, Resiliency Training and Mental Health Support Groups.
- We created this model to help those in need be able to want to take a break in their day to enjoy a few moments.
- It is hard to say I need to take a mental health break cause of possible judgement or stigma.
- If we call this offering a bunny break than everyone is happy to do it!



# A Bunny Break can teach us what?

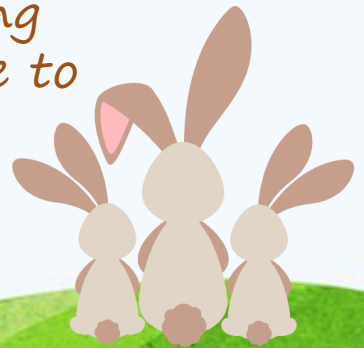
- *It can teach us to visualize calm and peace*
- *It can teach us to be mindful and present minded*
- *It can teach us to seize the moment*
- *It can teach us to actually allow breaks in a day*
- *It can teach us about the brain and amygdala*
- *It can teach us about training the brain with novelty*
- *It can teach us about neuroplasticity*



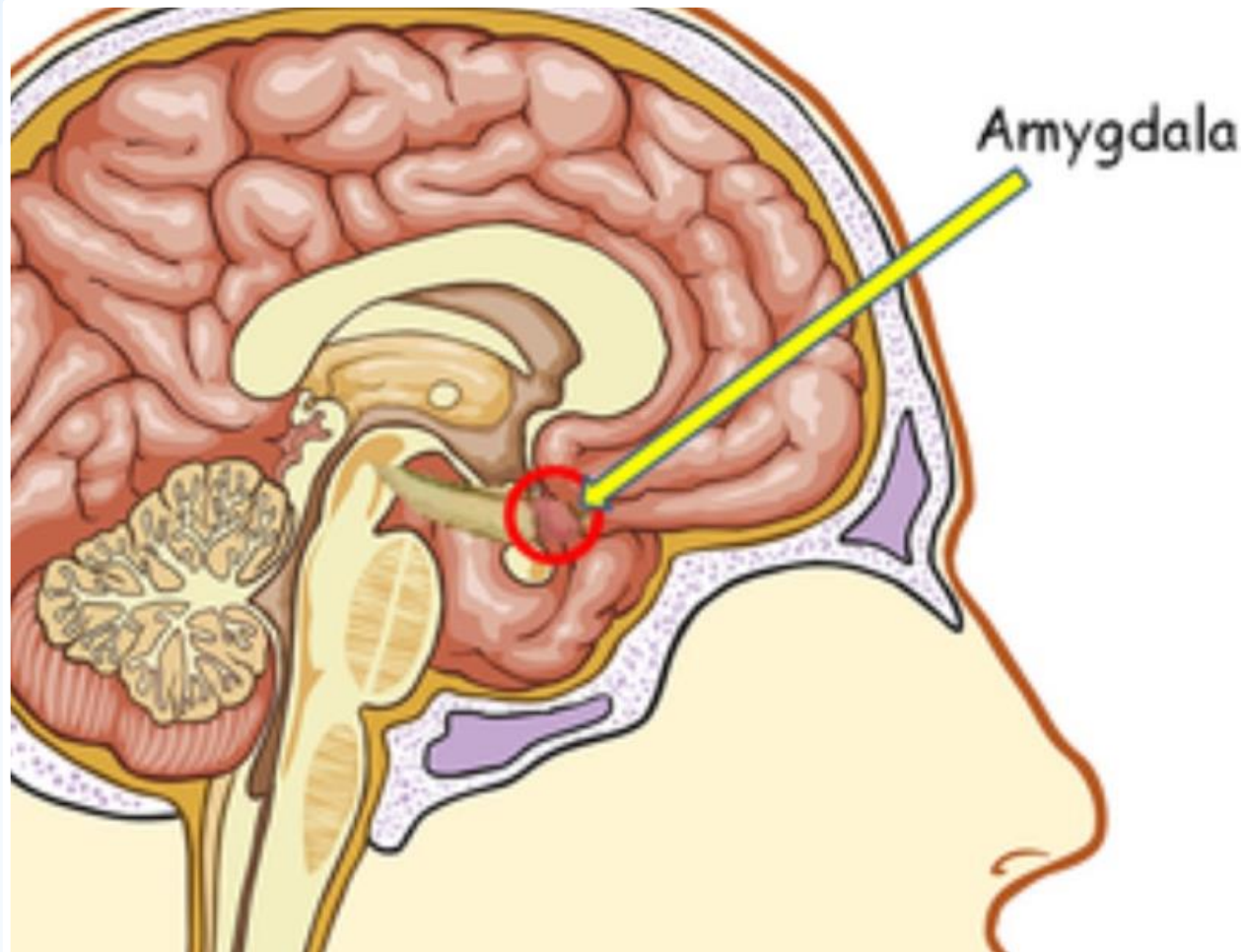


# Neuroplasticity

*The ability of the brain to form and reorganize synaptic connections, especially in response to learning or experiencing or following injury. This offers hope to everyone!*







# The Amygdala

According to the Brain from top to bottom,"The Amygdala is essential to your ability to feel certain emotions and to perceive them in other people. This includes fear and the many changes it causes in the body."

This tiny piece of the brain triggers the flight and fright response also called stress response.





## What does stress do to the body?

The amygdala brings on a kind of primal response that has been conditioned and wired into us through our life. This response is the stress response and it actually has physical symptoms.





- The amygdala literally hijack's us and throws are body into the stress response.
- Triggers are those innate responses that have been created in our brain.
- The brain can be retrained through neuroplasticity to reform stress responses.
- In the meantime how can we trick the brain into not stress reacting and let us be present minded.

So very many questions!!!

And the answers are so big it hurts our head. Yes change, and learning something new actually can give you a headache because the brain is a muscle and is working so hard to learn something new.



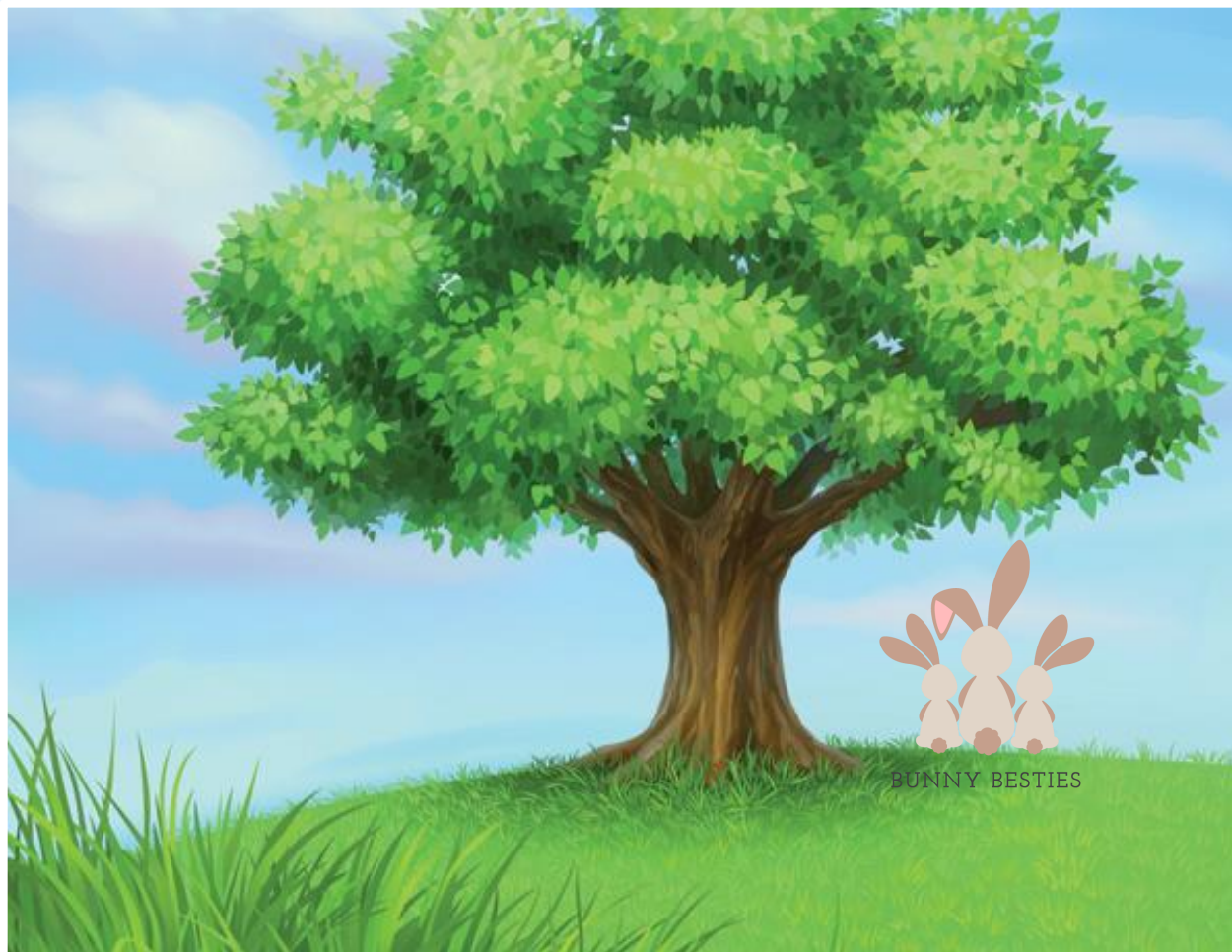


## Headache Alert

*Your brain training could hurt just like when you studying that week for finals. Or you could trick your brain into delight through novelty. Hijack your own amygdala with the surprise of novelty.*



BUNNY BESTIES



## Bunny Break

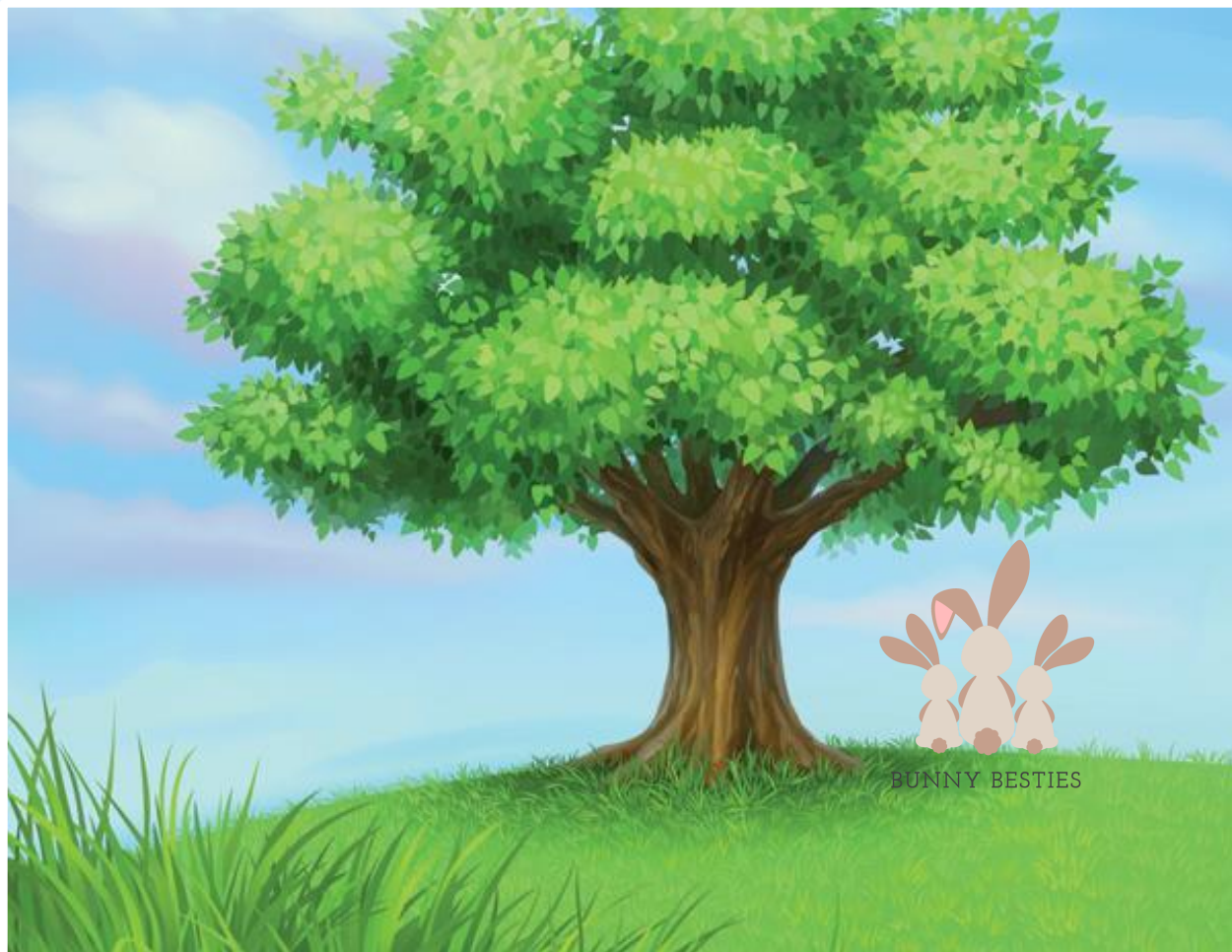
*Allow yourself to get carried away with cuteness. Immerse yourself in the magic of a bunny castle. Let us slay your stressors with our cuteness!*





# Transform your brain!

*Now that you can relax your body and mind they both can sync and let you be who you truly are. Your most creative and free spirit.*



# The Power of all of our stories combined!

*I have a story of my own journey to this place. What is your story of your journey to be here today? What are your roots, structure and growth? What is inspired in you today? What is your vision of yourself as a Bunny Bestie?*