

Have you ever thought about everything **THE BRAIN** has to do to **KEEP YOUR BODY IN BALANCE** as you walk around throughout the day?

Let's take a look at the brain's role in **BALANCE AND COORDINATION**.

THE INNER EAR senses the head's movement.

YOUR SOMATOSENSORY SYSTEM senses the feeling of the ground beneath your feet.

(The **somatosensory system** is also known as touch. This helps humans recognize objects and understand textures.)

EYES watch for obstacles around you.

EARS listen for important noises.

THE BRAIN TAKES IN ALL THIS INFORMATION, PLANS MOVEMENTS, AND SENDS A MESSAGE TO THE BODY TO MOVE.

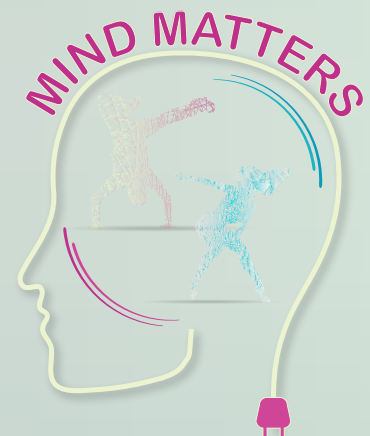
ALL OF THIS HAPPENS IN A SPLIT SECOND.

Balance and coordination are more complicated than we realize. A sharp mind helps you to think—and stay—on your feet.

Using weed can make you feel foggy, disoriented, and physically unstable. It can also cause your response time to slow down, meaning that it takes you more time to respond to something dangerous or alarming.

Marijuana can mess with your **COORDINATION AND MOVEMENT**.

Keep your balance and move forward **WITHOUT WEED**.



Source: www.cdc.gov/marijuana/health-effects/teens.html

YOUR BRAIN is an amazing part of your body. It controls your breathing, thoughts, and many of the actions you do every day. It's easy to forget all the things that your brain does—but just like other parts of your body, you have to take care

of it. Taking care of your mind is part of good mental health. **CARING** for your mental health and helping your friends take care of theirs can look different for each person. Why? Because no one has exactly the same brain that you do.

THAT'S RIGHT—YOU ARE UNIQUE AND SPECIAL

No one knows your brain quite like you do. Here are some ways you and your friends can care for your mental health:

1. Avoid weed. This can reduce the risk of anxiety or depression.
2. Talk about your problems instead of keeping them all bottled up inside.
3. Practice deep-breathing techniques.
4. Take a yoga class to help teach you how to slow down and relax.
5. Exercise. A good workout can help improve your mood.
6. Try a new recipe. Grab a friend or family member and make dinner together. Bonus points if it's healthy! Healthy food helps maintain a healthy brain.
7. Get enough sleep. Eight to ten hours of sleep each night can help you feel ready to face the day.
8. Schedule time for the things and people that make you happy. Make sure to include your favorite activities each week, if possible.
9. Get outdoors. The fresh air and sunshine are good for the soul.
10. Limit screen time. Give your eyes (and brain) a break!



Source: www.odc.gov/marijuana/health-effects/teens.html

THE BRAIN CAN'T REMEMBER EVERYTHING . . .

but it sure can remember a lot of things!

Think about all the memories you have been gathering since you were born.

So many of those memories will **LAST FOREVER**.

- ♥ Do you remember your first friend?
- ♥ Do you remember your first day of school?
- ♥ What's your favorite family tradition?
- ♥ When did you last have your favorite meal?
- ♥ Have you been on a special trip?

WHAT ARE SOME OF THE MEMORIES YOU MADE WITH YOUR FRIENDS?

Maybe you are on a traveling sports team or taking music lessons. Or perhaps you performed in a play at the community theater. Think of these moments as a collection you keep in your mind. Kind of like a scrapbook or photo album of your life.

Now just think if a few pages were torn out. What would it be like to, all of a sudden, not remember some of those most special moments?

That's what can happen if you use marijuana. Using weed directly **AFFECTS MEMORY AND EMOTIONS**. You could forget those special times—and what it felt like to experience specific moments with your friends and family.

It's not worth the risk to your physical health and mind.

You have great times with your family and friends.

BEING WEED-FREE helps you remember and relive those moments.

