

Retrain Your Brain Intro Videos

The videos below will give you information you need to better understand how the brain works and how the Retrain Your Brain workshop can help you.

[Introduction to Retrain Your Brain Workshop](#)

[Why Do We Experience Anxiety?](#)

[Why Do We Experience Depression?](#)

[How Does Anxiety Work in the Brain?](#)

[How Does Depression Work in the Brain?](#)

[How Does the Brain Get "Trained" to Respond to Anxiety?](#)

[How Does the Brain Get "Trained" to Respond to Depression?](#)

[How Can This Workshop Help Me "Retrain" My Brain?](#)

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