

# GAME CHANGER.

AN EASY ONLINE COURSE TO HELP  
TEENS TAME ANXIETY AND MANAGE  
STRESS WITH AN OPEN, CURIOUS AND  
FOCUSED MIND.

Understanding anxiety and stress  
through the eyes of the brain and  
nervous system helps us to manage it.

This is the game changer.

cut through the noise.  
find focus.  
set brains for life.



Woah, times are stressful. Young people are facing so much uncertainty surrounding schooling, assessments and exams, not to mention the regular throes of breaking into adulthood. Without question, teenagers need support and inspiration to help them cut through the noise and find easy and useful ways to become emotionally healthy and mentally resilient.

## A COURSE WITHOUT THE WOO WOO.

Game Changer is an easy and educational online course designed to help young people (especially HSC students) 'cut through the noise' and learn the essential tools to tame anxiety, manage stress and motivate their minds and actions for the future.

3 EASY TO WATCH VIDEOS  
5 PRACTICE EXERCISES  
4 BONUS MEDITATIONS  
+ A CHILLOUT SPOTIFY PLAYLIST

PRESENTED BY CLINICAL  
PSYCHOLOGIST, LYNN JENKINS

\$99 (Incl. GST).



### EYES OF THE BRAIN

In order to manage anxiety, one must first understand why it exists.

In **Module 1**, we look at why we can feel stressed and anxious and how this looks through the eyes of the brain and nervous system.



### FLEX THE MUSCLES

If we teach our brain how to manage stress, we can retrain our brain muscles.

In **Module 2**, we give teens a simple but golden tool to manage stress and 'flex the mind muscle' through the strategy of mindfulness.



### PRACTICE FOCUS.

Through practice, we can build long-term muscle memory.

In **Module 3**, we provide some homework, a suite of easy practice exercises to help teens breathe, sleep and relax in order to build mental resilience.

FIND OUT MORE OR PURCHASE AT

[www.lifematters.com.au/gamechanger](http://www.lifematters.com.au/gamechanger)

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The world is like a sleeping tiger and we tend to live our lives up there on its back. Now and then that tiger wakes up.

This is when the world needs our eyes and ears and minds.

You are the generation that will help us to make sense of this.

- George Saunders

