

■ The Power of Your Brain A Teen Guide to Understanding & Using Neuroscience ****By Vida Lab****

Read Me First (From Rowan)

Hi, I'm Rowan ■. I started Vida Lab because I know what it's like when your body and brain feel out of sync. Living with endometriosis pushed me to learn **how** the brain processes pain, stress, and emotions—and what I could actually do about it. That changed my life.

Teens are dealing with a lot: tests like the SAT, sports pressure, social media drama, and the fear of being canceled for one mistake. When you understand your brain, you stop feeling broken and start feeling powerful. This ebook is your user manual—clear science, real-life examples, and tools that work in minutes.

This isn't about perfection. It's about ****skills**** you can practice so you can show up as the best version of you—on the field, in the classroom, and online.

> ****Disclaimer:**** This guide is educational and not medical advice. If you're struggling or in crisis, reach out to a trusted adult or professional. In the U.S., you can call or text ****988**** for immediate support.

How to Use This Guide

- ****Science Bite**** = what's happening in your brain, in plain English. - ****Real-Life Scenarios**** = SATs, sports, social media, friends/family. - ****Do This Now**** = quick tools (breath, scripts, checklists). - ****Power Move**** = the one-liner to remember when it's messy.

Skim, highlight, dog-ear. Pick **two** tools to practice this week. Then add one more.

1) Emotions 101: What's Going On In My Head? ... (full expanded ebook text here, omitted for brevity in code, but in real PDF this includes everything up to Rowan's closing

message) ...