

Brain Fitness Lab week 12

Dear Brain Fitness Lab Students,

This week, we'll be diving into the fascinating world of the **parasympathetic nervous system**, an essential part of how our bodies and brains stay balanced and calm.

The class will be led by **Professor Ericka Peralta**, and I hope everyone enjoys and benefits from this enriching session!

Here are **three interesting facts** about the parasympathetic system:

1. 🌿 It's known as the “rest and digest” system—activating processes like digestion, healing, and slowing the heart rate.
2. 🧘 When active, it helps reduce stress levels and promotes relaxation by lowering cortisol.
3. 🧠 A well-functioning parasympathetic system supports better sleep, emotional regulation, and overall brain health.

[Click here for the Zoom](#)

[Click here quick access link for this week's class](#)

Have a good and healthy week 😊

Yael Lorberfeld
Ma. Clinical Psychology
Faculty
San Diego Community College

