




Reclaim Your Mind: A Practical Workbook for Restoring Brain Power, Clarity, and Emotional Balance”

Introduction: How to Use This Workbook



This workbook is not a quick fix, and it's not meant to overwhelm you with theory. It's a structured, practical guide designed to help you rebuild cognitive clarity, emotional stability, and mental energy through small, consistent actions.

The core idea is simple: your brain performs best when your body, habits, and thoughts are aligned. That means we are not just training memory or focus—we are supporting the entire system that allows your brain to function well.

You'll work with three key pillars:

-  Daily Brain Activation (to stimulate neuroplasticity and sharpen thinking)
-  Nervous System Regulation (to reduce stress and restore clarity)
-  Herbal & Natural Support (to gently stabilize mood and cognitive function)

How to approach this workbook:

-  Consistency over intensity
-  Don't try to do everything perfectly. Even 20-30 minutes a day is enough if you're consistent.
-  Track, don't judge

👉 Some days your mind will feel sharp; other days it won't. The goal is awareness and gradual improvement—not perfection.

Start simple

👉 Pick 1-2 practices from each section before adding more.

Give it time

👉 Real cognitive improvement usually shows up after 2-4 weeks of consistent practice.

Section 1: Daily Brain Exercise (15-25 minutes)

These exercises are designed to engage the prefrontal cortex, improve memory, and strengthen attention control.

1. Focus Training (5 minutes)

Set a timer for 5 minutes

Focus on one object, your breath, or a sentence

When your mind wanders, bring it back (this is the training)

👉 Why it matters: strengthens attention and self-control circuitry.

2. Memory Activation (5-10 minutes)

Choose one:

Recall everything you did yesterday in order

Memorize a short paragraph and recite it

Use 5 random words and build a story

👉 Why it matters: activates hippocampus + improves recall pathways.

3. Cognitive Challenge (5-10 minutes)

Rotate daily:

Mental math (e.g., subtract 7s from 100)

Learn something new (language, concept)

Logic puzzles or strategy games

👉 Why it matters: builds mental flexibility and processing speed.

Section 2: Emotional Reset & Thought Training (10-15 minutes)

1. Thought Awareness (Journal Prompt)

Write daily:

What drained my energy today?

What gave me energy?

What thought pattern repeated?

👉 Goal: identify mental habits, not suppress them.

2. Reframing Practice

Take one negative thought and rewrite it:

Example:

"I'm mentally slow today" →

"My brain is tired; I need recovery, not criticism."

👉 Why it matters: reshapes neural pathways over time.

3. Nervous System Reset (Breathing - 3 minutes)

Inhale 4 seconds, Exhale 6 seconds, Repeat

👉 Effect: reduces stress hormones, improves clarity.

Section 3: Herbal Support for Mood & Brain Function

These are gentle supports—not substitutes for lifestyle.

🌿 Daily Mood & Brain Tea (Simple Formula)

Option 1: Calm & Clear Tea

Goji berries (枸杞) - 10g

Chrysanthemum (菊花) - 3-5 flowers

Optional: a few slices of ginger

👉 Effect: Supports eye strain, mild mood uplift, mental clarity

Option 2: Stress Relief & Sleep Support

Suan Zao Ren (酸枣仁) - 10g

Fu Shen (茯神) - 6g

👉 Effect: Calms the mind, improves sleep → better memory

Option 3: Focus & Mental Energy (Daytime)

Yuan Zhi (远志) - 3g

Shi Chang Pu (石菖蒲) - 3g

👉 Effect: Traditionally used to improve focus and reduce brain fog

⚠️ Use moderately and not continuously without guidance.

Simple Mood Shift Habit (Non-Herbal but Powerful)

👉 Morning sunlight (5-10 min)

👉 Hydration immediately after waking

Light movement (walk or stretch)

This combination alone often outperforms supplements.

Section 4: Daily Tracking Page (Core of the Workbook)

Each day, track:

- Sleep quality (1-10)
- Energy level (1-10)
- Focus level (1-10)
- Mood (1-10)

Completed today:

- Brain exercise
- Breathing/reset
- Herbal support
- Movement
- Sunlight

Reflection (1 sentence):

“What helped my brain the most today?”

Closing Perspective

You're not trying to “hack” your brain—you're rebuilding its foundation.

Clear thinking, strong memory, and emotional balance are not separate abilities. They emerge when your brain is:

- well-rested
- properly fueled
- consistently challenged
- not overwhelmed by stress

If you follow this workbook with consistency, what you'll likely notice first is not "genius-level thinking," but something more valuable: clarity, steadiness, and control over your own mind.

That's the real upgrade.

This is a thoughtful question—but it's worth clarifying one thing upfront: classical texts like the *Shennong Bencao Jing* and *Bencao Gangmu* don't categorize herbs in terms of modern labels like "memory enhancement." Instead, they approach brain function more holistically through concepts such as "nourishing the heart and calming the mind," "tonifying qi and blood," "replenishing essence and marrow," and "opening the orifices and awakening the mind." In other words, Traditional Chinese Medicine (TCM) focuses on restoring systemic balance—improved memory is a downstream result.

Based on those classical principles, here are several commonly referenced herbs associated with cognitive function, along with their traditional uses, combinations, and effects interpreted through a modern lens:

1. Yuan Zhi (*Polygala tenuifolia*) — Opens the Mind, Enhances Cognition, Connects Heart and Kidney

Functions: Traditionally used to "calm the spirit and enhance wisdom," Yuan Zhi is believed to improve memory, focus, and mental clarity by harmonizing the Heart and Kidney systems. It's also used for anxiety and scattered thinking.

Indications: Overthinking, poor concentration, forgetfulness, mental restlessness.

Usage: Typically, 3-9 grams in decoction, or used in powdered/pill form.

Common combinations:

With Shi Chang Pu (*Acorus*): classic pairing for memory and cognition

With Fu Shen (*Poria* with root): enhances calming and sleep support

2. Shi Chang Pu (*Acorus tatarinowii*) — Opens Orifices, Clears the Mind

Functions: Known for "opening the orifices," it's used for brain fog, sluggish thinking, and mental dullness, especially when associated with "phlegm obstruction" in TCM terms.

Indications: Mental fog, slow thinking, poor focus, heavy-headedness.

Usage: 3-9 grams, decocted.

Common combinations:

With Yuan Zhi: classic cognitive-enhancing duo

With Yu Jin (Curcuma): for mood stagnation and mental clarity

3. Ren Shen (Ginseng) — Tonifies Qi, Supports Mental Function

Functions: Considered a premier qi tonic. In TCM, strong qi supports clear thinking and sustained attention.

Indications: Fatigue, low energy, poor concentration, cognitive decline due to deficiency.

Usage: 3-6 grams daily; can be sliced for tea, added to soups, or powdered.

Common combinations:

With Huang Qi (Astragalus): boosts overall energy

With Suan Zao Ren: supports both energy and sleep

4. Huang Jing (Polygonatum) — Nourishes Qi and Yin, Replenishes Essence

Functions: Supports long-term vitality and "essence," which in TCM is closely linked to brain function and aging.

Indications: Chronic fatigue, gradual memory decline, overwork.

Usage: 10-20 grams, often in soups or teas.

Common combinations:

With Gou Qi Zi (Goji berries): supports liver and kidney

With Shan Yao (Chinese yam): aids digestion and absorption

5. **Gou Qi Zi (Goji Berry)** — Nourishes Liver and Kidney, Benefits Vision and Brain

Functions: Supports “essence and blood,” which nourish the brain. Often used for eye strain and cognitive fatigue.

Indications: Eye fatigue, memory issues, prolonged mental work.

Usage: 10-20 grams daily; eaten directly, in tea, or in meals.

Common combinations:

With Ju Hua (Chrysanthemum): for eye and mental clarity

With Huang Jing: enhances tonic effect

6. **Suan Zao Ren (Ziziphus Seed)** — Calms the Mind, Improves Sleep

Functions: Improves sleep quality, which is essential for memory consolidation and brain recovery.

Indications: Insomnia, vivid dreams, poor memory linked to poor sleep.

Usage: 10-15 grams, decocted or powdered.

Common combinations:

With Fu Shen: enhances calming effect

With Ginseng: balances energy and rest

7. **He Shou Wu (Prepared Polygonum multiflorum)** — Nourishes Essence and Blood

Functions: Traditionally used to support longevity, brain function, and vitality by replenishing “essence,” which feeds the brain.

Indications: Chronic fatigue, aging-related decline, memory issues.

Usage: Use prepared (processed) He Shou Wu only; typically, 10-15 grams decocted.

Precaution: Raw (unprocessed) He Shou Wu can be toxic and should not be used casually.

🌿 Practical Combination Strategies 🌿

1. Short-term focus and clarity (productivity boost)

Yuan Zhi + Shi Chang Pu + small amount of Ginseng

→ For concentration and mental sharpness

2. Long-term brain nourishment (foundational support)

Huang Jing + Goji + Chinese Yam

→ Gentle, food-based daily support

3. Sleep and memory improvement

Suan Zao Ren + Fu Shen + Yuan Zhi

→ Improve sleep quality to support cognition

⚠️ Important Considerations ⚠️

- 🧠 TCM emphasizes individualized diagnosis—not every herb suits every person
- 🧠 Avoid self-prescribing multiple herbs in large or long-term doses
- 🧠 Consult a qualified practitioner if you have medical conditions or take medications
- 🧠 Lifestyle factors—sleep, nutrition, movement, stress—remain foundational

In essence: TCM doesn't aim to "boost memory" directly. Instead, it restores internal balance—strengthening qi, nourishing blood, calming the mind, and replenishing essence.

When the system functions harmoniously, clarity, focus, and memory naturally improve.