

## Is TRAUMA Causing Symptoms of COGNITIVE DECLINE?



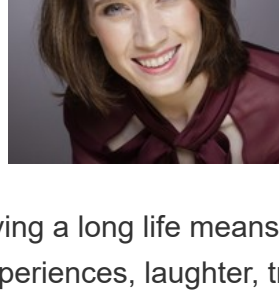
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Pacific Brain Wellness & Lifestyle Newsletter | AUGUST 2026

## Spotlight Story: Is Trauma Causing Symptoms of Cognitive Decline?

### \* Exploring Interventions for Healing and Promoting Brain Health



**Ashley Curiel, PsyD**  
**Clinical Psychologist**

Trauma may be masquerading as cognitive decline, causing symptoms that affect memory, attention, and normal executive brain functioning everyday.

Living a long life means that you have likely had countless celebrations, incredible experiences, laughter, travel, and meaningful relationships. At the same time, it also means that you may have had potential exposure to painful or traumatic experiences.

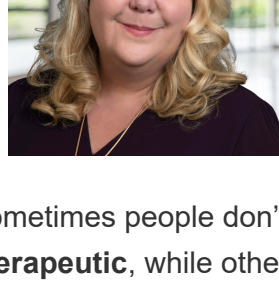
#### How do you distinguish trauma from symptoms of normal cognitive decline?

And what kinds of interventions can help to heal traumatic experiences? Insights into how to **separate the two** can lead to a path of **healing trauma** – and potentially alleviating associated cognitive symptoms.

[LEARN MORE](#)

## Dr. Miller's Memory Minute

### \* Journaling as Memory Therapy



**Karen Miller, PhD**  
**Senior Director, Brain Wellness & Lifestyle**

Journaling is a good way of **tracking daily events**. Even short entries can serve as a way of pausing and taking a moment to **reflect** upon your day.

Sometimes people don't feel they need to read their entries— the act itself being **therapeutic**, while others enjoy looking back at previous activities they have recorded.

### \* The Memory Challenge



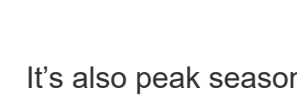
Given the nature of this month's lead article, our suggestion is to start a journal.

- For at least 1 month keep track of your daily thoughts.
- Reflect on old memories that might pop up— those with both positive and/or negative emotions.
- Think about discussing some of the key memories with a friend, loved one, or professional provider.

If you find the journaling to be useful, we encourage you to continue to do so a few times a week.

## The Balanced Plate with Molly

### \* The Last Sweet & Colorful Days of Summer



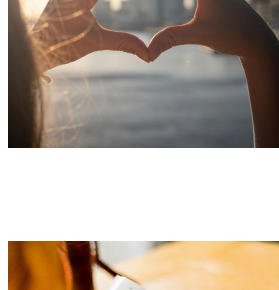
**Molly Rapozo, MS, RDN**  
**Registered Dietitian & Senior Brain Health Coach**

As August winds down, there's a special kind of sweetness in these final summer days; the long light, the warm evenings, and the chance to squeeze in one more outdoor adventure before routines shift again.

It's also peak season for vibrant vegetables and fragrant herbs, a perfect moment to nourish your brain with fresh, colorful foods while savoring the last stretch of summer.

- **Celebrate the harvest**  
Late-summer vegetables like tomatoes, zucchini, cucumbers, peppers, and corn deliver antioxidants, hydration, and slow-release energy that support memory, mood, and mental clarity.
- **Cook with herbs that wake up your senses**  
Basil, mint, parsley, dill, and cilantro add bright flavor while offering anti-inflammatory and cognitive-supportive compounds; small additions that make a big difference.
- **Plan one joyful summer send-off**  
Whether it's an outdoor concert, a beach swim, or a sunset picnic, choose one experience that feels restorative. Novelty, nature, and social connection are powerful brain boosters.

## Find Support this Summer

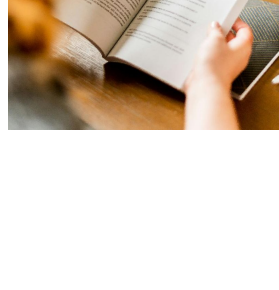


### Dementia Caregiver Support Group

**Wednesdays, 3 - 4 pm PT**

Join our **online support group** designed for caregivers taking care of a loved one living with any stage of dementia. Rolling enrollment \$100/month for 4 sessions.

[>> Register Now](#)



### Brain Book Club: Special Event

**Wednesday, Sep 9, 2026 | 11 am - 12 pm PT**

Guest **Dr. Stephen Sideroff** will be discussing his new book **"9 Pillars of Resilience"**. He is an internationally recognized expert in resilience, optimal performance, addiction, neurofeedback, and alternative stress management. Join this live conversation on his new book to learn practical, **evidence-based tools** for mastering stress, slowing aging, and building lasting vitality.

Community moderator: Dr. Rick Frieder

[>> Register Today](#)

## Community Education Events



Through a partnership between the [American Memory Loss Foundation \(AMLF\)](#) and [Pacific Neuroscience Institute Foundation](#), we are expanding community education on memory loss, dementia, and brain health by providing free educational talks in local communities, including [AMLF's Memory Loss Roadmap](#) to help individuals and families better understand and navigate memory concerns.

[>> See What We Are Up To in 2026](#)

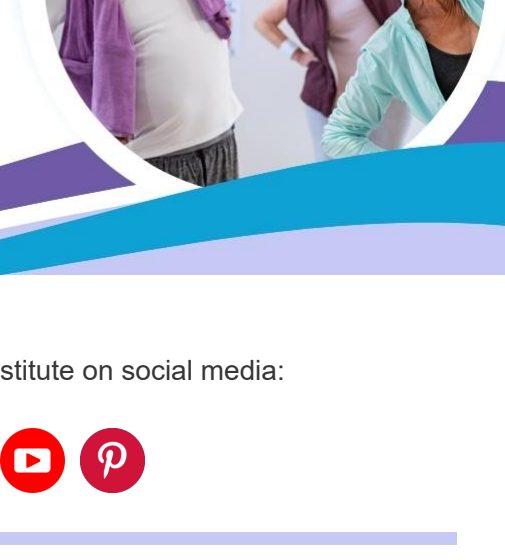
## Brain Wellness & LIFESTYLE

PROGRAM

213-344-2037

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