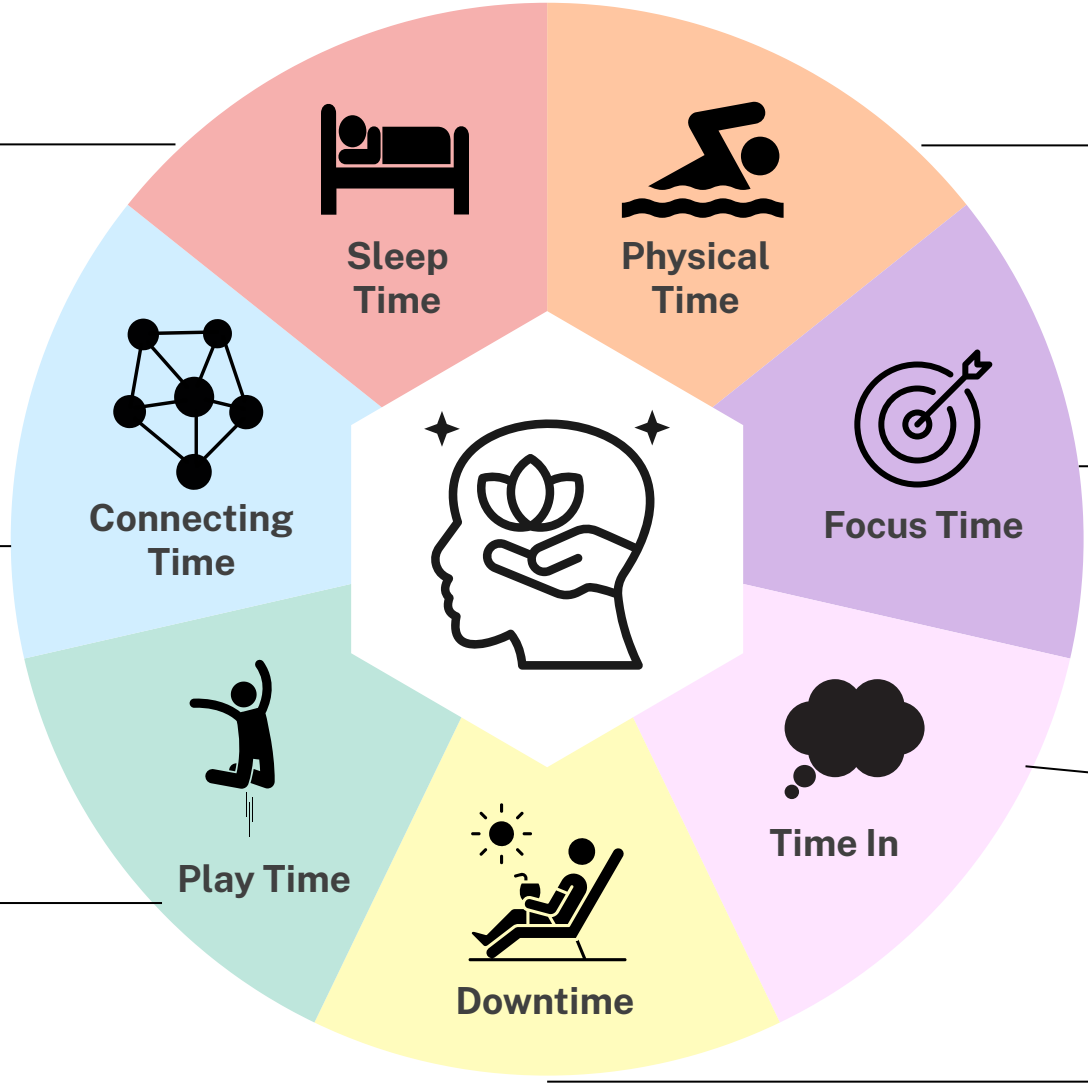
THE HEALTHY MIND PLATTER

7 DAILY ESSENTIAL MENTAL ACTIVITIES TO OPTIMISE BRAIN MATTER & WELLBEING

Rest allows us to consolidate learning, as well as process & recover from the day.

Time with others and in nature activates and strengthens our brain's social and relational circuitry and supports overall wellbeing.

Being spontaneous and creative helps our brains form new connections. And, trying something new might just spark a new hobby or passion!



Moving our bodies - whatever way you're able - strengthens both our bodies and brains in many ways.

Focusing on tasks in a goal-oriented way challenges our brains in ways that builds stronger neural connections.

Regular moments of reflection - tuning into our sensations, feelings and thoughts - helps our brains work in more integrated, balanced ways.

Letting our minds wander or simply relax, without any specific goal or agenda, gives our brains the recharge it needs.

Rock & Siegel, 2011

IMPROVING MY HEALTHY MIND PLATTER

REFLECT ON WAYS THAT YOU CAN IMPROVE ON EACH OF THESE COMPONENTS, TO HELP IMPROVE YOUR HEALTH MIND PLATTER. THERE ARE SOME SUGGESTIONS TO GET YOU STARTED.

WAYS TO IMPROVE MY SLEEP TIME:

- ❑ Wake up the same time each day
- ❑ No screens 45 min -1 hour before sleeping
- ❑ Read a book before bed
- ❑ Create a relaxing pre-bed routine
- ❑ Avoid caffeine & nicotine 4-6 hours before bed
- ❑ Avoid alcohol 4-6 hours before bed

WAYS TO IMPROVE MY PHYSICAL TIME:

- ❑ Go for a walk
- ❑ Do something active with a friend
- ❑ Do an exercise circuit at home
- ❑ Join exercise classes
- ❑ Take a longer route while walking somewhere
- ❑ Use stairs instead of the lift/escalator

WAYS TO IMPROVE MY FOCUS TIME:

- ❑ Start a new hobby, or pick up an old hobby
- ❑ Learn something new
- ❑ Read a book
- ❑ Play a mentally-stimulating game with loved ones

WAYS TO IMPROVE MY TIME IN:

- ❑ Meditation
- ❑ Set aside time to reflect on the day
- ❑ Journalling

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WAYS TO IMPROVE MY DOWNTIME:

- ❑ Go to the beach
- ❑ Read a good book
- ❑ Sit outside & relax
- ❑ Listen to music
- ❑ Set aside time with nothing planned

WAYS TO IMPROVE MY PLAY TIME:

- ❑ Try a new hobby
- ❑ Do a cooking or crafty class with a friend
- ❑ Go on a day trip, or explore somewhere you haven't been before
- ❑ Visit a museum, garden, park, etc.
- ❑ Board games, or outdoor games, with friends & family
- ❑ Go to the cinema to watch a movie

WAYS TO IMPROVE MY CONNECTING TIME:

- ❑ Go out, or do an activity with a friend
- ❑ Reconnect with someone
- ❑ Set aside quality time with a loved one
- ❑ Express gratitude towards someone
- ❑ Have a picnic with family or friends
- ❑ Go on a hike
- ❑ Sit outside (e.g., in the park, at a café, etc)