

The Healthy Mind Platter



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Seven Daily Essential Mental Activities to Optimize Brain Matter and Create Well-Being

FOCUS TIME	When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.
PLAY TIME	When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.
CONNECTING TIME	When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry.
PHYSICAL TIME	When we move our bodies, aerobically if medically necessary, we strengthen the brain in many ways.
TIME IN	When we quietly reflect internally, focusing on sensations, images, feelings, and thoughts, we help to better integrate the brain.
DOWN TIME	When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.
SLEEP TIME	When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.