

Seven Essential Activities to Optimize Brain Health and Well-Being

The Healthy Mind Platter



The Healthy Mind Platter for Optimal Brain Matter

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- Focus Time** When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain. We must be unilateral in our focus. Multi-tasking is not effective. Excess technology should not be near your study area.
- 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, we activate and reinforce the brain's relational circuitry. Learning how to have healthy relationships is essential to our well-being.
- Physical Time** When we move our bodies, we strengthen the brain in many ways. Exercise is known to help with focus, improves mood, and increases our capacity to learn.
- Time In** When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain. This intentional self-reflection, helps build our emotional competency and therefore builds our confidence.
- Down Time** When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge. Some scientists say we need one hour of non-purposeful boredom each day (without technology).
- Sleep Time** When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day. Teenagers should get 8-10 hours of sleep each night. Good, restorative REM sleeps helps settle our brains and decreases stress and anxiety.