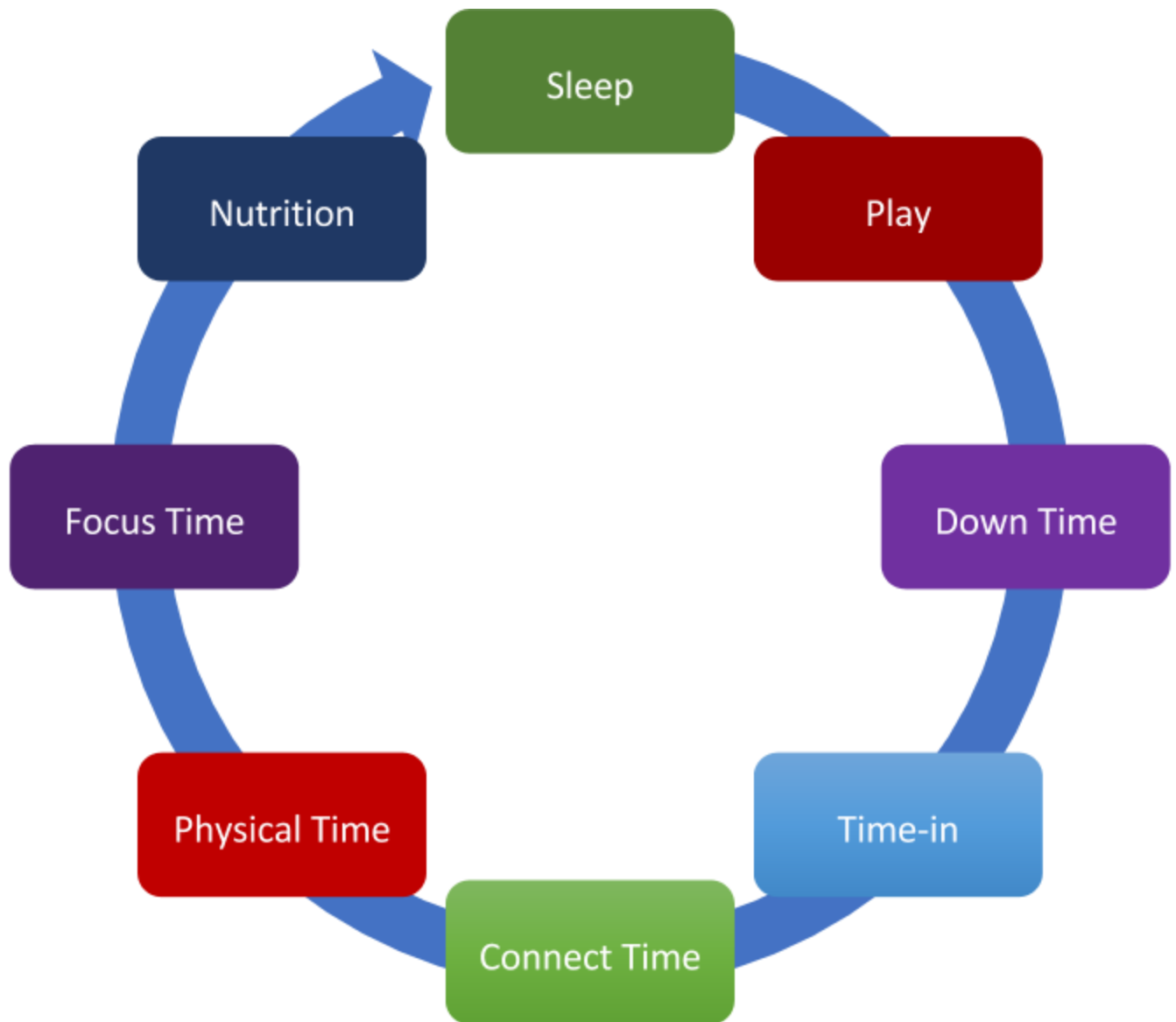


Healthy Mind Body Platter



Healthy Mind Body Platter

Nutrition

When we provide healthy good food (not too much, not too little) we give the brain the energy it needs to function well.

Sleep Time

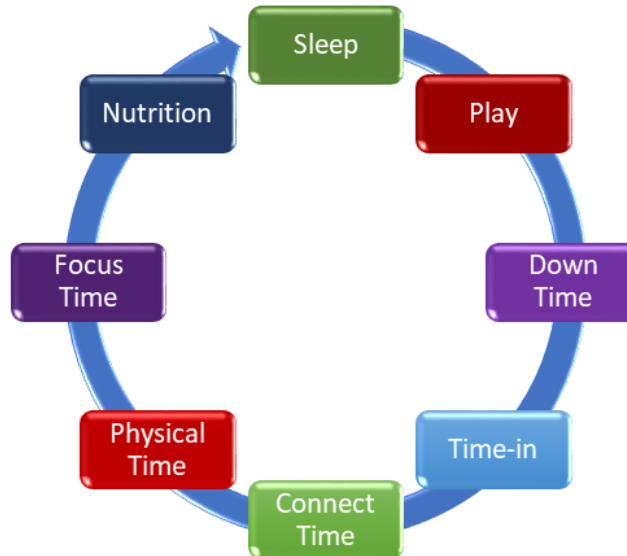
When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.

Play Time

When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.

Focus Time

When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in 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.

Physical Time

When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways.

Connect 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.

Time In

When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain.

Adapted from the Health Mind Platter, Rock & Siegel, 2012