

The Healthy Mind Platter



The Healthy Mind Platter, for Optimal Brain Matter

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The **Healthy Mind Platter** has seven essential mental activities necessary for optimum mental health in daily life. These seven daily activities make up the full set of 'mental nutrients' that your brain needs to function at it's best. By engaging every day in each of these servings, you enable your brain to coordinate and balance its activities, which strengthens your brain's internal connections and your connections with other people.

The seven essential daily mental activities are:



Focus Time

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



Play Time

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



Connecting Time

When we connect with other people, ideally in person, or take time to appreciate our connection to the natural world around us, richly activating the brain's relational circuitry.



Physical Time

When we move our bodies, aerobically if possible, which strengthens the brain in many ways.



Time In

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



Down Time

When we are non-focused, without any specific goal, and let our mind wander or simply relax, which helps our brain recharge.



Sleep Time

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