



# Living Minutes for the Mind

Living Minutes Academy

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[LivingMinutes.com](http://LivingMinutes.com)

LM!

# A Minute for your mind



- Neuroplasticity
  - Activities to keep your mind healthy
  - Activities to keep your mind sharp
  - Activities to help you learn
  - 44 Minutes available in JAM!





## *Minute 2*

LEARN A FOREIGN  
LANGUAGE

LivingMinutes.com **LM!**



**Bon courage!** ("bo<sup>h</sup> coo-rahz"; French – **Best of luck!**)

**Aldri gi opp!** ("all-dree yee uhp"; Norwegian – **Never give up!**)

**LM!**

- ▶ We're going to "clap" a word or phrase
  - ▶ **Clap** for vowels; **Slap your knee** for consonants
- ▶ Now, let's clap:
  - ▶ Live Life Now!
  - ▶ Live Mindfully Now!
  - ▶ I am my own captain in this journey called life!



LM!

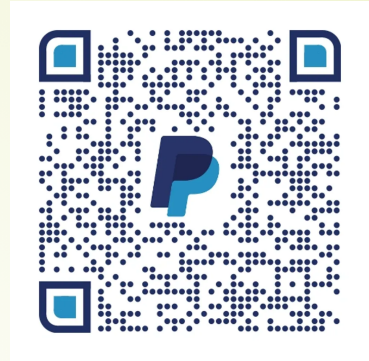




# Let's Reflect for a Moment...

- ▶ How did each of those exercises make you feel?
  - ▶ First: Serious; mind-taxing; interesting
  - ▶ Second: Silly; mind-taxing, but in a different kind of way; I laughed
- ▶ Even though these were completely different experiences, they both had you work your brain, to help keep it healthy
  - ▶ And clapping a new word together may have made you laugh; laughing is extremely healthy for you (yes, this is really true!)
    - ▶ Laughing is also a Living Minute! (#88)

# Help me help others



- Please consider pausing the video and making a donation
- I offer all of these resources on a donation-only basis, including for free if someone can't afford a donation.
- I have spent thousands of hours studying mindfulness and preparing all of this content
- I have paid a lot of my own money to attend courses and workshops, purchase books and equipment, maintain a website, publish books/guidebooks, and advertise these services
  - Contrary to popular belief, many college instructors do not make much money at all and student loan payments are often considerable
- To continue spreading the word and developing more courses, I need your help. Any amount is greatly appreciated. Thank you!





# Your Mission



## *Living Minutes for your mind*

- Find five (5) Living Minutes for your mind from Just a Minute! (or make up your own) that you will incorporate into your daily life, beginning this week.