



The Healthy Mind Platter



The Healthy Mind Platter, for Optimal Brain Matter

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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 possible, 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.

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(www.neuroleadership.org; www.drdansiegel.com).

DAILY PRACTICES TO REDUCE STRESS & ENHANCE WELL BEING

This is not a To Do List!

All Practices can be integrated in to the day to day life of the busiest person, with a little effort to re-prioritize.

Suggested practices are a shift in awareness and many are things you are already 'doing', like breathing, eating, waiting for the bus.

You will find the benefits create a more efficient, happier and healthier you.

- **Integrate Slow** times into your day. Give value to Single Focused activities such as eating, having tea. These are opportunities to slow down, refresh and connect.*
- **Reduce Multi-Tasking** and practice completing one task at a time.*
- **Practice awareness of your breath and body** this is the foundation of mindful awareness and stress reduction. Be curious and get to know yourself.
- Practice **listening** to others and being fully present.*
- Practice **Kindness and compassion** towards yourself and others.*
- Create **Pauses** in your life e.g. before you drive, when you first sit at your desk.
- Enjoy **waiting times**: waiting for the bus, train, a late appointment are gifts to relax and just be.
- Enjoy **Transitions** from one place to another. Try not to multi-task and enjoy the time to integrate the day. **'Enjoy the Ride'**.
- **Gratitude practice** is especially transformative and creates a shift in life quality. *
- **Heart Awareness** will bring balance to your life. Breath into your heart.*
- **Nature time**. Research is showing that time in nature is good for your mental health.
- Sprinkle **3 minute grounding practices** throughout the day where you bring attention to your body and breath and feel connected to the earth at your feet.
- **20 minute Relaxation and Mindfulness practices** have been found to be effective ways of reducing stress and anxiety. The time invested creates a more efficient happier you.

ACT-Belong-Commit – Visit www.actbelongcommit.org.au

Act – Be physically, socially and mentally active.

Belong – Keep up friendships, join in clubs and community events.

Commit- Support a good cause and help others.

Join a yoga class – yoga as a mind/body practice has been found to be one of the most effective forms of movement to reduce anxiety and prevent depression. Ask us for more information.

Look after yourself. Exercise, Nutrition and connecting with others are all important.

Learn something new. Yoga, Dancing, Singing, art, storytelling all nourish the soul.

Ask about our **Stress Awareness and Mindful Living Programs**. It helps at first to be part of a supporting community while you learn new skills and develop your practices.

For more information visit us at www.homeofyoga.com or find us on Facebook

www.facebook.com/homeofyoga

Ask for our Yoga Timetable and infosheets wherever you see an asterix

