

HOME ISOLATION

Healthy Mind Platter

7 daily essential mental activities
for maintaining mental health



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, helps make new connections in the brain



CONNECT 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



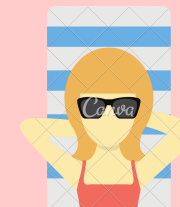
REFLECT time

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



Meeting Your Needs during home isolation

7 daily essential mental activities for maintaining mental health



FOCUS time

- Paid work
- Volunteer or support work
- Documentaries
 - Podcasts
- News articles
 - Novels
- Social media
- Paying bills
- Emails
- Life admin
- Driving



PLAY time

- Listen to music
- Watch a comedy
- Dancing, singing, playing music
 - Puzzles
 - Solitaire
- Word play games
- Quiz challenges
- Shopping
- Hobbies
- Using your creativity



CONNECT time

- Time with friends
 - Gossiping
 - Social media
 - "Deep and meaningful" talks
- Time in nature



PHYSICAL time

- Stretching
- Yoga
- Walking
- Cardio
- High intensive interval bursts
- Massage
- Physio ball
- Regular and high nutrition meals
- Household chores



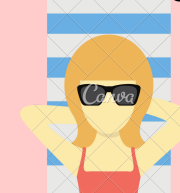
REFLECT time

- Meditation
- Journalling
- Self help books
- Curate photos
- Create mementos
- Goal setting
- Gratitude lists
- Room for improvement



DOWN time

- Whatever relaxes your nervous system:
- diaphragmatic breathing
 - progressive muscle relaxation
 - letting your mind wander
 - idle time
 - watching and wondering



SLEEP time

Most adults require 8 hours sleep per 24 hour period

Use sleep hygiene techniques to encourage good sleep habits

Too much sleep can also be a problem Z



Daily Diary during home isolation



Each day should include time for the
7 daily essential mental activities for maintaining mental health



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY