**HOME ISOLATION**

**Healthy Mind Platter**

7 daily essential mental activities for maintaining mental health

<table>
<thead>
<tr>
<th>FOCUS time</th>
<th>PLAY time</th>
<th>CONNECT time</th>
<th>PHYSICAL time</th>
<th>REFLECT time</th>
<th>DOWN time</th>
<th>SLEEP time</th>
</tr>
</thead>
<tbody>
<tr>
<td>When we closely focus on tasks in a goal oriented way, taking on challenges that make deep connections in the brain.</td>
<td>When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, helps make new connections in the brain.</td>
<td>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.</td>
<td>When we move our bodies, aerobically if possible, which strengthens the brain in many ways.</td>
<td>When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, helping to better integrate the brain.</td>
<td>When we are non-focused, without any specific goal, and let our mind wander or simply relax, which helps our brain recharge.</td>
<td>When we give the brain the rest it needs to consolidate learning and recover from the experiences of the day.</td>
</tr>
</tbody>
</table>

Developed by Siegel & Rock, 2011
Meeting Your Needs during home isolation

7 daily essential mental activities for maintaining mental health

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

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

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

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

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

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

**SLEEP**
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

Developed by Siegel & Rock, 2011
# Daily Diary during home isolation

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
</table>

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