

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 Baby's Needs

0-12 mo

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for maintaining mental health

POP!
PSYCHOLOGY



FOCUS time

Stimulate my senses:
- Mobiles
- Rattles
- Wind chimes
- High contrast (black & white) images



PLAY time

Peek a boo
Sing songs
Play music
Play instruments
Hide and seek with objects



CONNECT time

Let me watch
- You
- People
- Animals
- Nature

Talk to me

Let me touch and explore



PHYSICAL time

Tummy time
Sit me up
Finger grip
Circle my legs
Stretch my legs
Opposite arm and leg stretching

Feed me regularly, with nutritious foods



REFLECT time

Hold me
Soothe me
Label my feelings

Show me the parts of my body

Always let me know that I am loveable



DOWN time

Help my body relax:
- Rock me
- Massage me
- White noise
- Lullabies



SLEEP time

Babies have different sleep needs

Help me settle to sleep

Enough is enough

Wherever and whenever is ok



Meeting Mum's Needs when you have a baby at home

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FOCUS time

Reading baby care books
Documentaries
Podcasts
News articles
Novels
Social media
Paying bills
Life admin
Driving



PLAY time

Listen to music
Watch a comedy program
Dance with baby
Singing, music
Puzzles
Solitaire
Word play games
Quiz challenges
Shopping
Hobbies
Creativity



CONNECT time

Time with friends
Gossiping
Social media
"Deep and meaningful" talks
Time in nature
Watch the clouds /
smell the roses



PHYSICAL time

Stretches
Baby yoga
Walking
Cardio
High intensive intervals
Massage
Regular and high nutrition meals
Household chores



REFLECT time

Meditation
Journalling
Curate photos
Create mementos
Goal setting
Gratitude lists
Areas of improvement



DOWN time

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



SLEEP time

Snatch sleep when you can
Ask for help so you can catch up on sleep
Be flexible and try to be relaxed about sleep

