HOME ISOLATION
Healthy Mind Platter

7 daily essential mental activities for maintaining mental health

<table>
<thead>
<tr>
<th><strong>FOCUS</strong> time</th>
<th><strong>PLAY</strong> time</th>
<th><strong>CONNECT</strong> time</th>
<th><strong>PHYSICAL</strong> time</th>
<th><strong>REFLECT</strong> time</th>
<th><strong>DOWN</strong> time</th>
<th><strong>SLEEP</strong> 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 Baby’s Needs
0-12 mo

7 daily essential mental activities for maintaining mental health

<table>
<thead>
<tr>
<th><strong>FOCUS</strong> time</th>
<th><strong>PLAY</strong> time</th>
<th><strong>CONNECT</strong> time</th>
<th><strong>PHYSICAL</strong> time</th>
<th><strong>REFLECT</strong> time</th>
<th><strong>DOWN</strong> time</th>
<th><strong>SLEEP</strong> time</th>
</tr>
</thead>
</table>
| Stimulate my senses:  
- Mobiles  
- Rattles  
- Wind chimes  
- High contrast (black & white) images | Peek a boo  
Sing songs  
Play music  
Play instruments  
Hide and seek with objects | Let me watch  
- You  
- People  
- Animals  
- Nature  
Talk to me | Tummy time  
Sit me up  
Finger grip  
Circle my legs  
Stretch my legs  
Opposite arm and leg stretching  
Feed me regularly, with nutritious foods | Hold me  
Soothe me  
Label my feelings | Help my body relax:  
- Rock me  
- Massage me  
- White noise  
- Lullabies | Babies have different sleep needs  
Help me settle to sleep  
Enough is enough  
Wherever and whenever is ok |
| Let me touch and explore | | Let me watch  
- You  
- People  
- Animals  
- Nature  
Talk to me | | | | |

Developed by Siegel & Rock, 2011
Meeting Mum's Needs
when you have a baby at home

7 daily essential mental activities
for maintaining mental health

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

Developed by Siegel & Rock, 2011