

HOME ISOLATION Healthy Mind Platter

7 daily essential mental activities
for maintaining mental health

POP!
PSYCHOLOGY



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 Child's Needs

Ages 5-12

7 daily essential mental activities
for maintaining mental health



FOCUS time

School curriculum
Read books
Painting, sculpture,
photography
Sewing, knitting,
cross stitch, beading
Challenging jigsaws
Daily chores
Word search,
crosswords, sudoku
Documentaries
Hobbies, collections



PLAY time

Board games
Imaginary play
Dressing up,
putting on a show
Singing, compose
songs, playlists
Listen to music
Hide and seek
Play catch, "tiggy"
Trampoline
Watching TV
Play with animals



CONNECT time

Video play dates
Writing letters
Film vlogs
Exploring in nature
Time spent with
children and adults
of all ages
Let me be with you
while you work
Tell me stories
from your life



PHYSICAL time

Sports
Cycling, scooters
Ball games
Climbing trees
Climbing frames
Balance bikes
Lifting weights
Stretch and
conditioning
Gymnastics
"Superman"



REFLECT time

Hold me
Soothe me
Delight in me
Label my feelings
Help me notice
feelings inside my
body
Share memories,
old photos
Looking back on
our day, planning
for tomorrow



DOWN time

Help my body
relax:
- Cuddles
- Massage
- Beauty regimes

Meditation
Breathing
exercises
Yoga

Watching TV and
movies



SLEEP time

Stick to your
usual routine
Establish good
night time sleep
habits
- ensure there is
wind down time
before bed
Get up at the
same time every
day



Meeting Mum's Needs when you have kids at home

7 daily essential mental activities for maintaining mental health



FOCUS time

Paid work
Volunteer work
Documentaries
Podcasts
News articles
Novels
Social media
Paying bills
Life admin
Driving
Researching about parenting



PLAY time

Listen to music
Watch a comedy program
Dance with the kids
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

Stretching
Yoga - cards
Video exercise classes
Walking
Cardio
High intensive interval bursts
Massage
Regular and high nutrition meals
Household chores



REFLECT time

Meditation
Journalling
Curate photos
Create mementos
Goal setting
Gratitude lists
Reflect on areas for improvement
Family meetings
Parent "team meetings"



DOWN time

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



SLEEP time

Sleep "hygiene" tips help to establish and encourage restful sleep habits
Reduce caffeine
Spend time outside in the sunshine
Wind down at the end of the day





Daily Checklist



have you met your needs today?

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



FOCUS



PLAY



CONNECT



PHYSICAL



REFLECT



RELAX



SLEEP