

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 Toddler's Needs

12-36 mo

7 daily essential mental activities
for maintaining mental health



FOCUS time

Read books
Finger painting
Play dough
Beading
Puzzles
Matching games
Sensory play
Learn to do chores
Talk to me using a wide array of vocabulary words



PLAY time

Peek a boo
Sing songs
Play music
Play instruments
Hide and seek with objects
Swings
Trampoline
TV shows
Play with animals



CONNECT time

Let me watch
- You
- People
- Animals
- Nature
Let me touch and explore
Time with children and adults of all ages



PHYSICAL time

Ball games
Climbing trees
Climbing frames
Balance bikes
Lifting small weights
Gymnastics
"Superman"



REFLECT time

Hold me
Soothe me
Label my feelings
Teach me about my body, how it feels, how it moves, what power it has
Always let me know I am loveable



DOWN time

Help my body relax:
- Rock me
- Massage me
- Swing me
Help me explore big belly breaths
Watching TV



SLEEP time

Encourage a routine
Establish good night time sleep habits
Be flexible with day naps, enough is usually enough



Meeting Mum's Needs when you have young kids

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 parenting



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

Stretching
Toddler 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 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

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

