

# 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

