THE HEALTHY MIND plater

The Healthy Mind Platter identifies 7 areas which strengthen the brain's internal connections. Consider using this tool to reflect on what your week looks like for each of the seven areas.



CONNECTING TIME

Connecting with people or nature activates your brain.



PHYSICAL TIME

Moving your body improves mood and reduces stress and anxiety.



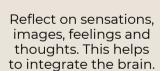
FOCUS TIME

Focus on tasks, goals and challenges that make deep connections in the brain.



PLAY TIME

Being creative and having fun helps make new connections in the brain.



REFLECTION TIME



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When you sleep, the brain consolidates new information and recharges

SLEEP TIME

Be non-focused and let your mind wander or simply relax. This helps your brain recharge.

DOWN TIME



Source: D. Rock and D. Siegel, 2011