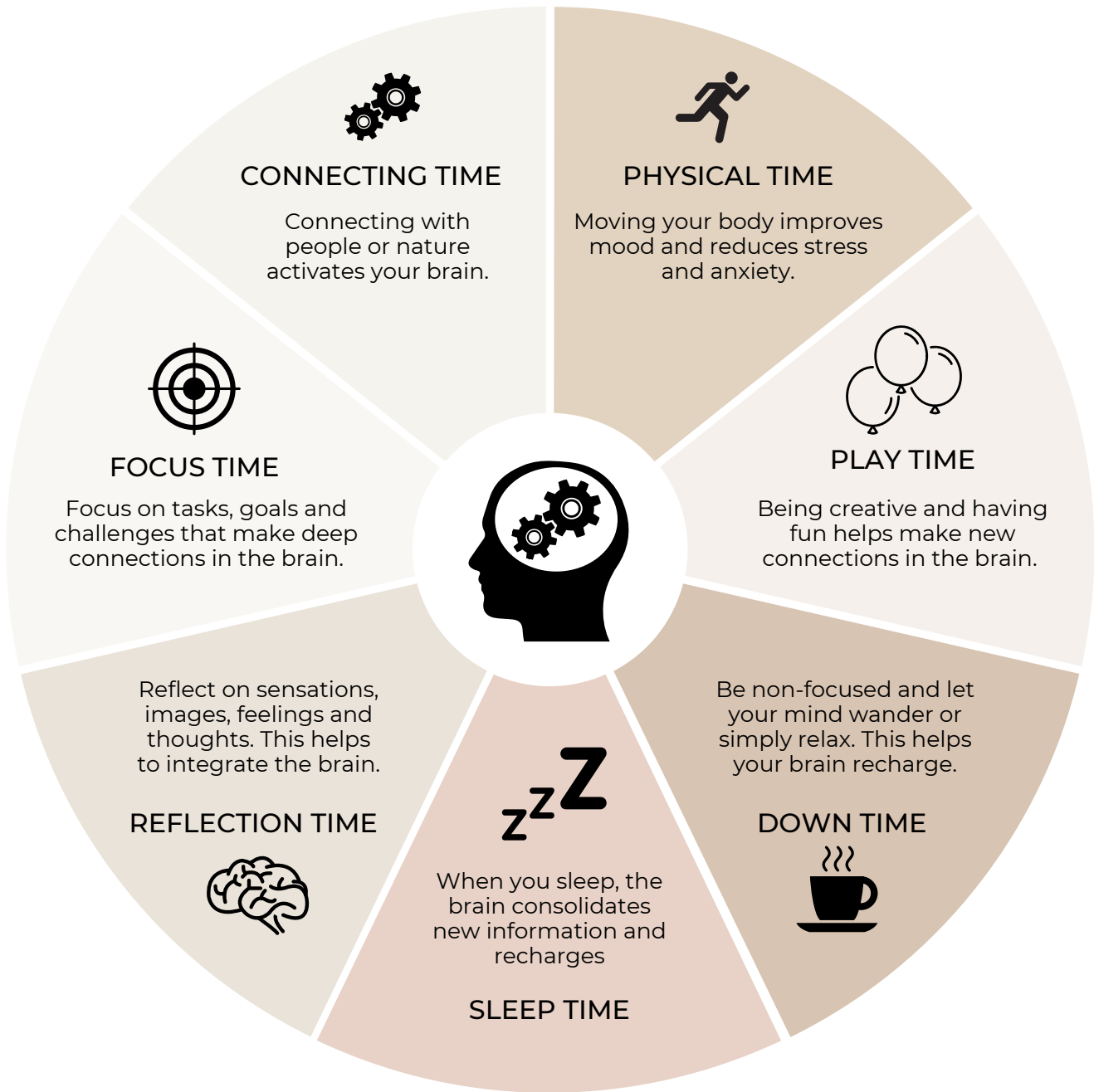


THE HEALTHY MIND *platter*

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.



Source: D. Rock and D. Siegel, 2011