



Healthy Mind Platter

Name: _____



Description of ingredients...

Sleep Time: when you give your brain the rest it needs by sleeping, you consolidate learning and recover from the experiences of your day.

Play Time: when you allow yourself to be spontaneous or creative, enjoying novel experiences, you make new connections in your brain.

Focus Time: when you closely focus on tasks in a goal-oriented way, you take on challenges that make deep connections in your brain.

Down Time: when you are non-focused and have no specific goal, but you let your mind wander and relax, you give your brain time to re-charge.

Time In: when you quietly reflect internally, focusing on sensations, images, feelings and thoughts, you help to balance out the brain.

Connecting Time: when you connect with others face-to-face, and take the time to appreciate the people around you, you activate and reinforce the brain's relational circuitry.

Physical Time: when you participate in aerobic activity, you strengthen your brain in many ways.

Personal Reflection...

Which ingredient of the healthy mind platter do you feel requires more of your attention right now?

Record this area below:

In the space below, outline 3 steps that you can take to make that area of your life healthier:

1. _____

2. _____

3. _____



's Healthy Mind Platter Plan



Description of ingredients...	3 Ideas that I have as to how to incorporate ingredient into my life right now:
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Physical Time: when you participate in aerobic activity, you strengthen your brain in many ways.	