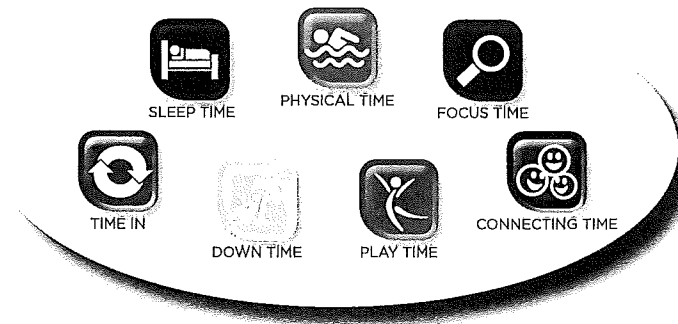


# The Healthy Mind Platter



## Seven daily essential mental activities to optimize brain matter and create well-being

-  **Focus Time** - When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.
-  **Play Time** - When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.
-  **Connecting Time** - When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry.
-  **Physical Time** - When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways.
-  **Time In** - When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain.
-  **Down Time** - When we are nonfocused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.
-  **Sleep Time** - When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.

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Consider the seven “times” on the Healthy Mind Platter. Which “time” do you do most consistently or best? When and how do you find time for this activity?

Please share your answers around the table, starting with the person who has the birthday closest to today. Proceed around the table to that person’s left.

**Pass** is an acceptable answer.

Which “time” needs the most work? When and how will you do it?

(Consider some of your tablemates’ answers on how they fit in “times”).

Share with one other person at your table if you have time to do so. If not, share with someone else today.

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