

# THE SEVEN ESSENTIAL MENTAL ACTIVITIES

**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, which helps make new connections in the brain.

**Connecting Time.** When we connect with other people, ideally in person, richly activating the brain's social circuitry.

**Physical Time.** When we move our bodies, aerobically if possible, which strengthens the brain in many ways.

**Time In.** 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.

