## 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.

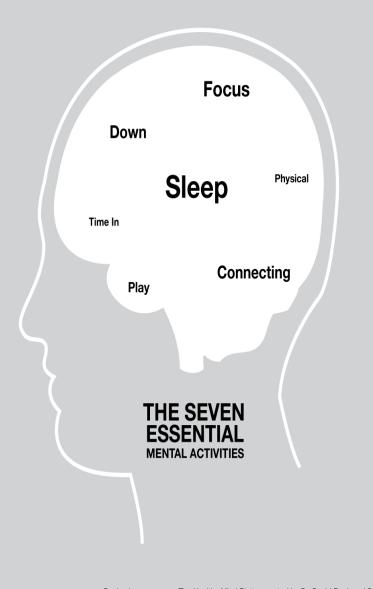
Connecting Time. When we connect with other people, ideally in person, richly activating the brain's social circuitry.

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.



 $\label{eq:decomposition} \textbf{Design by } \textbf{\textit{minimoko}}. \ \textbf{The Healthy Mind Platter created by Dr. David Rock and Dr. Daniel Siegel}.$