








# WRITE ONE ACTIVITY FOR EACH CATEGORY FOR EACH DAY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 SLEEP TIME							
 PHYSICAL TIME							
 FOCUS TIME							
 TIME IN							
 DOWN TIME							
 PLAY TIME							
 CONNECTING TIME							

# THE HEALTHY MIND PLATTER



## Sleep Time

When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.

## Physical Time

When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways.

## Focus Time

When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep 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.

## Play Time

When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.

## Down Time

When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.

## Time In

When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain.