

The Healthy Mind Platter



Brain scientist Dan Siegel and his colleague David Rock have come up with this picture to help us keep our brains healthy. They call it the **Healthy Mind Platter**. Just as our bodies need the right balance of fruit and vegetables, protein, grains etc., so our brains need a good mixture of different activities each day to stay fit and active.

Make your life predictable

Research shows that there is a strong connection between stress and predictability. Actually, one research showed that uncertainty is even worse than knowing something bad is going to happen! As we are moving towards a phased plan out of lockdown, it is very hard to be able to know what will happen in the future. This can make us feel scared. But, we can still control how our lives look like!

Plan:

Set a daily routine for you. It could include

- A set time to wake up and go to bed
- Speaking with your friends online or in person
- Daily exercise
- Hobbies and interests
- What else would you add?

Always remember to set realistic goals for yourself!

