**The Healthy Mind Platter overview**

*The Healthy Mind Platter*has eight daily essential mental activities necessary for optimum mental health. It was created by Dan Siegel and David Rock, two leaders in neuroscience work.

These eight daily activities make up the full set of “mental nutrients” that your brain and relationships need to function at their best. By engaging every day in each of these "servings", you promote integration in your life and enable your brain to coordinate and balance its activities. These essential mental activities strengthen your brain's internal connections and your connections with other people and the world around you.

These cover:

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| **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 non-focused, 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.* |

**Nutrition** *When we are aware of what eat, and what is good for our*

*bodies*

**Directions to use the Model**

The 8 sections in the wheel of life represent balance.

* **Shade each of these areas on a scale of 1 to 10 , 10 being the outside of the wheel and total satisfaction and 0 being the inside of the wheel and total dissatisfaction.**
* **When you have done this look at the shape of your wheel and consider how smooth a ride it is giving.**