

THE STRONG & AGILE MIND

BEHAVIOURS FOR A HEALTHY BRAIN



Whether you call it mental health, mental well-being, performance, mental strength, resilience or agility there are a core set of daily behaviours to allow our brains to function at their best. These habits change the brain at the chemical and neurological level for a competitive advantage.

LEARN TO THRIVE IN UNCERTAINTY

Learn to **manage attention, movement** and **practicing novelty**. The combination of the three allow for neural networks and confidence to handle change.

Unitask

Humans cannot do two things at once. Learn to unitask for greater productivity and more meaningful experience.

Exercise

Exercise produces brain-derived neurotrophic factor (BDNF) a protein that stimulates the production of new brain cells and strengthens old ones. This is key for neuroplasticity (adapting to learning, change, new behaviours) and keeps your brain young.

Mindfulness

Practicing mindfulness allows you to slow down, to respond rather than react for better decision making.

Unplug

One of the quickest ways to improve your happiness score is to unplug for a period of time per day.

DAILY PRESCRIPTION FOR A HEALTHY BRAIN

(Especially in a Zoom world)



Connect with Yourself

Come to 5 senses, [box breathing](#), [Left Big Toe](#), movement, play, write



Connect with Nature

Walks outside, [unplug](#), picnic lunch, sitting on the patio, a view of nature, pet, plants,



Connect with Others

Thank you Thursdays, reach out to a friend, volunteer

Note: You get amplified recovery if you combine any of the 3 elements.
Example: walk in nature, connecting with other people in nature