

The seven daily activities for a healthy and effective mind

Type of Activity:	Description of the Activity
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 circuits.
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 with no 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 brain areas.
Sleep time	When we give the brain the rest it needs, we consolidate learning and recover from experiences of the day.
Physical time	When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways.

Dr Daniel J. Siegel, Clinical Professor at UCLA and Dr David Rock, Executive Director of the NeuroLeadership Institute, have formulated the seven daily essential activities that will fuel the brain and make the healthy mind function at its best.