

Healthy Mind Platter: Build a Balanced Mental Health Routine



Source: <https://drdansiegel.com/healthy-mind-platter/>

Physical Time: Time to move our bodies, aerobically if medically possible, to strengthen the brain in many ways. ***My physical time activities are:***

Focus Time: Time to closely focus on tasks in a goal-oriented way, take on challenges that make deep connections in the brain. ***My focus time activities are:***

Connecting Time: Time to connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, to activate and reinforce the brain's relational circuitry. ***My connecting time activities are:***

Playtime: Time to allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, to help make new connections in the brain. ***My playtime activities are:***

Downtime: Time when we can be non-focused, without any specific goal, to let our mind wander or simply relax, to help the brain recharge. ***My downtime activities are:***

Time In: Time to quietly reflect internally, focusing on sensations, images, feelings and thoughts, to help to better integrate the brain. ***My time in activities are:***

Sleep Time: Time to give the brain the rest it needs, to consolidate learning and recover from the experiences of the day. ***My preferred sleep time(s) and duration are:***

What % of time do you currently spend in each of these areas (on a typical busy day)?

Physical Time: _____ % Or sketch a pie chart:
Focus Time: _____ %
Connecting Time: _____ %
Playtime: _____ %
Downtime: _____ %
Time In: _____ %
Sleep Time: _____ %
Total = 100%

Define Your Healthy Mind Platter

Pick a day and plan it! There is no specific recipe for a healthy mind, but it can be helpful to map out your day to include the essential mental activities you need to thrive. Like a balanced diet, there are many combinations that can work well.

- Consider: What are the things that you NEED to accomplish today?
- Consider: What are things you WANT to do today? What do you need to do to feel successful?
- Add times, starting with ideal wake up time and ending with ideal bedtime.
- Add everything that is already scheduled/booked.
- Add “focus time” (see above for your essential action items).
- Add in the mental nutrients you need to thrive.

WAKE UP TIME

LUNCH TIME

DINNER TIME

BEDTIME
