

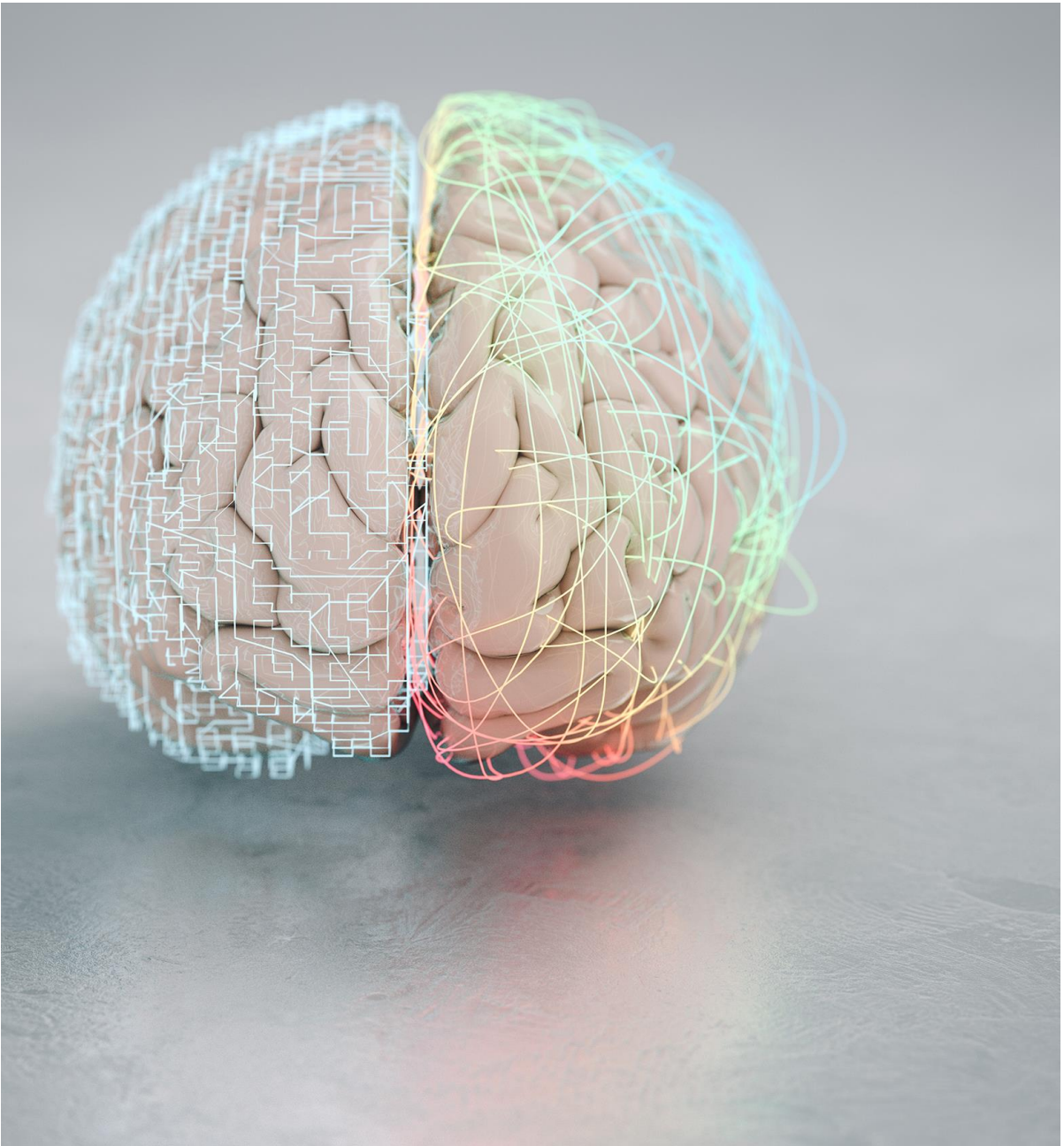
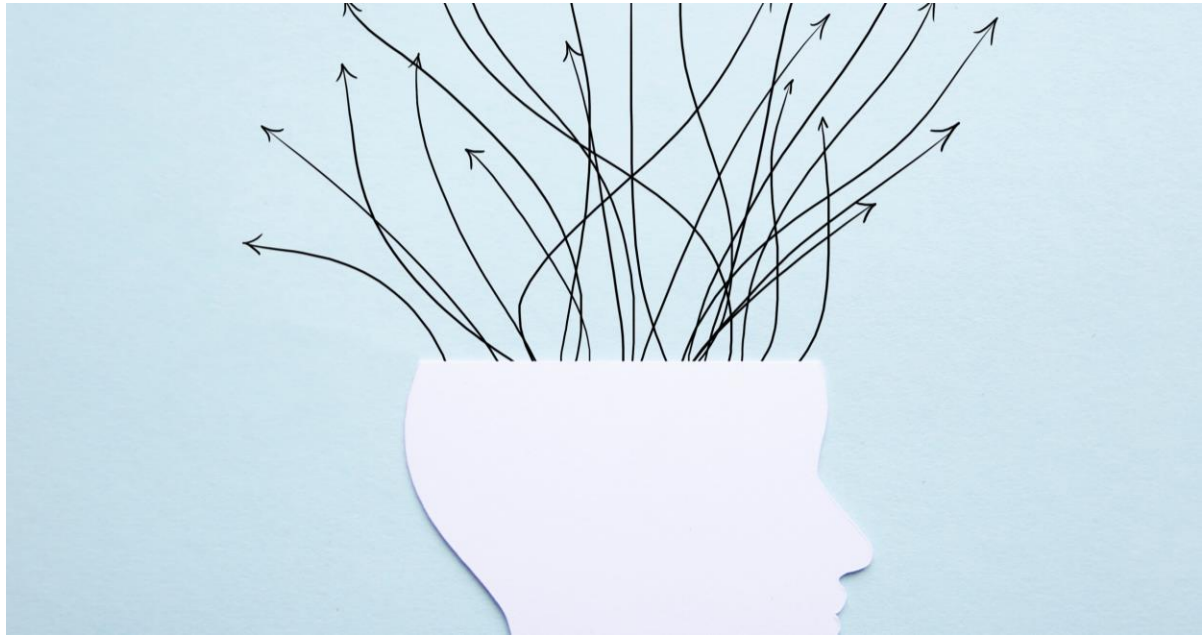


Fueling Up From the Healthy Mind Platter

Improving Mental
Well-Being

**Association for Creativity in
Counseling 2024**

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HEALTHY MIND PLATTER

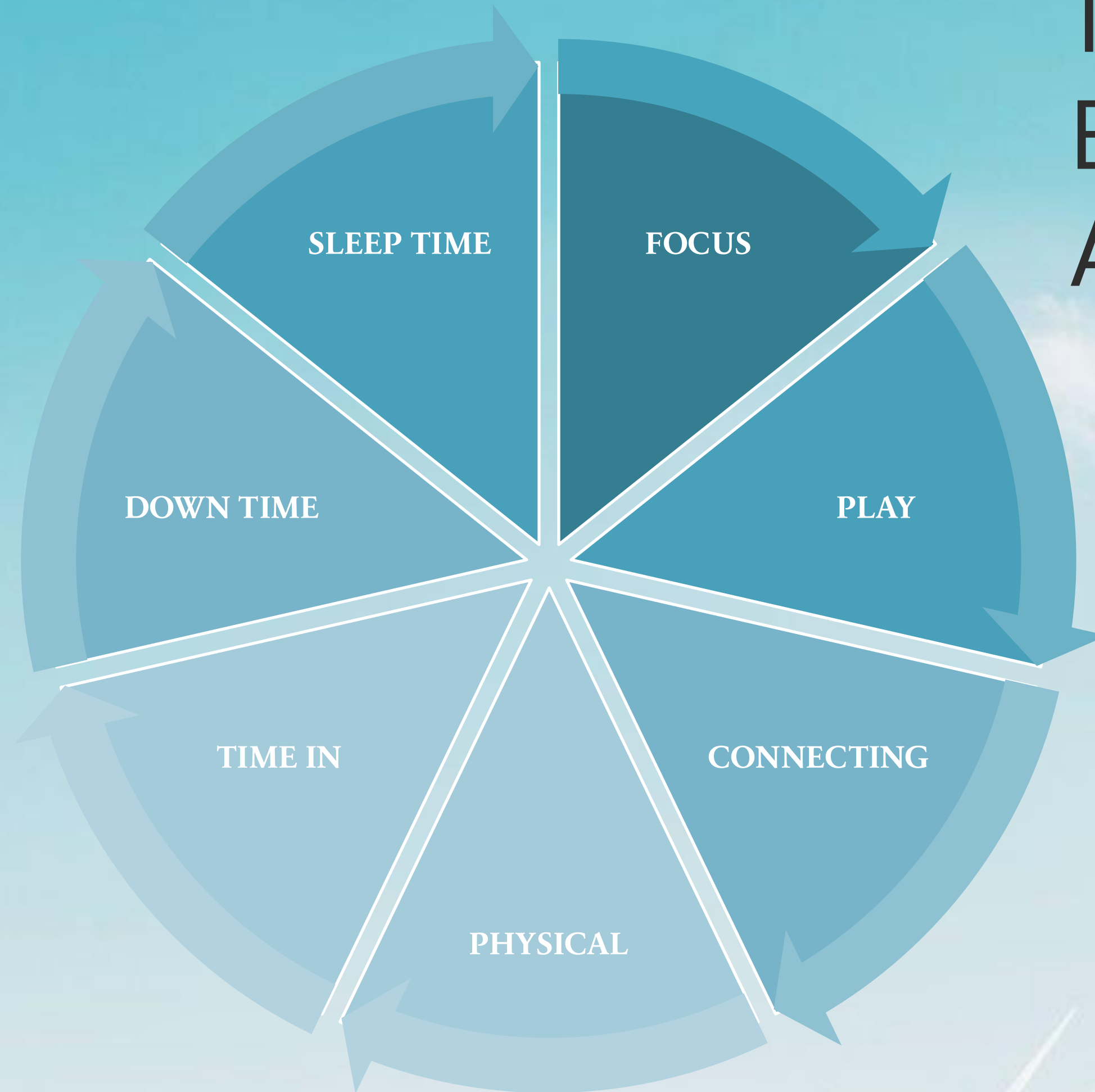
Objectives:

Identify the seven activities and the underlying neuroscience that nurture the mind for optimal brain health

Practice a self-assessment of the mind platter "diet"

Develop a plan to implement a healthy mind platter with creative “ingredients” for personal use and ways to share with students and clients to fill up their tanks

THE SEVEN ESSENTIAL ACTIVITIES





FOCUS TIME:
ACTIVITIES THAT REQUIRE
CONCENTRATION AND
FOCUS, STRENGTHENING
NEURAL CONNECTIONS.

PLAY TIME


ENGAGING IN FUN
AND CREATIVE
ACTIVITIES: Promote,
Protect, and Prolong
Optimal Brain
Activity.

Tonkin & Whitaker, 2019





**CONNECTING TIME:
INTERACTING WITH
OTHERS, FOSTERING
SOCIAL RELATIONSHIPS,
AND EMPATHY.**

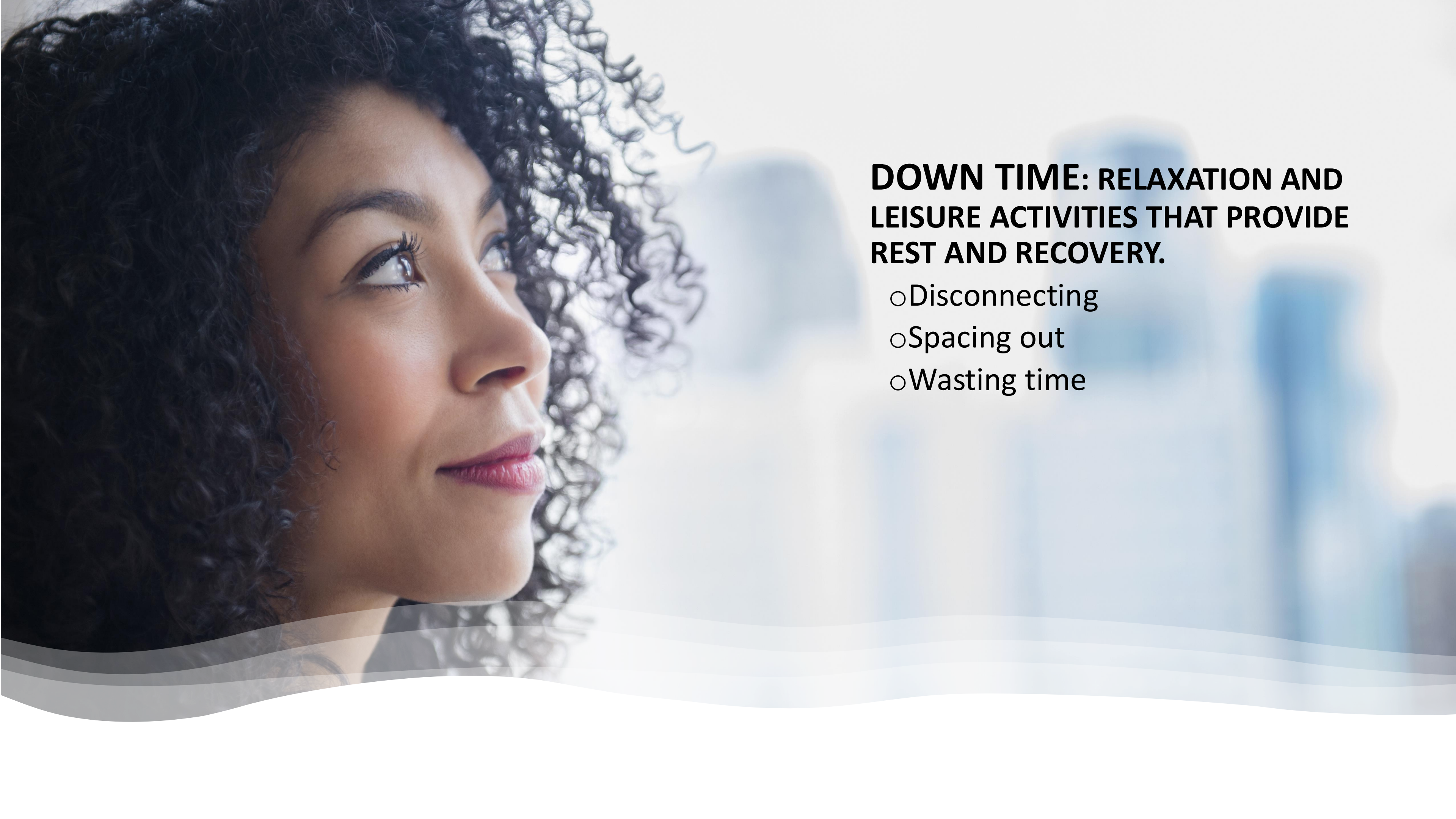
A low-angle, close-up shot of a person's legs and feet while running on a track. The runner is wearing dark-colored sneakers with a prominent, light-colored, grid-patterned sole. The background is heavily blurred with horizontal streaks of yellow, orange, and red, suggesting a bright sun low on the horizon and a sense of rapid movement. The overall color palette is warm and energetic.

PHYSICAL TIME:
PHYSICAL EXERCISE THAT
BOOSTS BRAIN FUNCTION
AND OVERALL WELL-BEING.



TIME IN

**REFLECTION,
MINDFULNESS, AND
SELF-AWARENESS
PRACTICES**



**DOWN TIME: RELAXATION AND
LEISURE ACTIVITIES THAT PROVIDE
REST AND RECOVERY.**

- Disconnecting
- Spacing out
- Wasting time



SLEEP TIME

- QUALITY SLEEP THAT CONSOLIDATES LEARNING AND REJUVENATES THE BRAIN



SELF-ASSESSMENT OF YOUR MIND PLATTER

- Reflect on your daily activities

Self-Assessment Questions:

- How much time do you spend on each of the seven activities?
- Which activities do you prioritize?
- Which do you neglect?

Let's explore the
Essential Activities
that make a Healthy
Mind Diet

Think of your own Diet





FOCUS TIME

Engaging in activities that require undivided attention and concentration.

- Benefits: Strengthens neural pathways, improves cognitive function, and enhances productivity.
- Examples: Studying, working on a challenging project, solving problems.



PLAY TIME

- Participating in fun, spontaneous, and creative activities.
 - Benefits: Promotes brain plasticity, effective for developing and preserving procedural memory, plasticity of the brain still allows for adaptation and growth, and enhance quality of life .
 - Examples: Playing games, engaging in hobbies, exploring new interests.

- 1 A child is naturally curious.
- 2 The child's curiosity drives them to explore through play.
- 3 As the child explores through play; they discover new things and learn.
- 4 The child finds learning and exploring fun!
- 5 A child likes to repeat activities that are fun.
- 6 Repeating fun play activities helps a child to achieve mastery of their skills.
- 7 A child who is mastering new skills feels confident!
- 8 A confident child feels capable of attempting their next challenge.



A group of white, stylized paper figures holding hands in a line, set against a green background. The figures are simple, with circular heads and rectangular bodies. They are arranged in a line, with some figures in the foreground and others in the background, creating a sense of depth. The figures are holding hands, symbolizing connection and community.

CONNECTING TIME

- Spending time with family, friends, and social networks.
- Benefits: Boosts emotional well-being, fosters empathy, and strengthens social bonds.
- Examples: Social gatherings, conversations, collaborative activities.

PHYSICAL TIME

ENGAGING IN PHYSICAL EXERCISE AND ACTIVITIES.

- BENEFITS: ENHANCES PHYSICAL HEALTH, BOOSTS MOOD, AND IMPROVES COGNITIVE FUNCTION.
- EXAMPLES: WALKING, RUNNING, YOGA, SPORTS.



What Physical Activities makes you feel good?

Use QR code to enter your ideas





TIME IN

- Practices that promote self-reflection, **mindfulness**, and inner awareness.
- Benefits: Reduces stress, enhances self-awareness, improves emotional regulation, increases positive affective state.
- **Examples:** Meditation, journaling, praying, deep breathing exercises.

DOWN TIME

ACTIVITIES
THAT
ALLOW THE
MIND TO
RELAX AND
UNWIND.

- BENEFITS: PROVIDES MENTAL REST, REDUCES STRESS, AND FOSTERS CREATIVITY.
- EXAMPLES: WATCHING TV, LISTENING TO MUSIC, TAKING A NAP.



Norcross & VandenBos, 2018



SLEEP TIME



ENSURING **SUFFICIENT** AND **QUALITY** SLEEP

- **BENEFITS:** CONSOLIDATES LEARNING, MEMORY CONSOLIDATION, REJUVENATES THE BRAIN, EMOTIONAL PROCESSING AND PROMOTES OVERALL HEALTH.
- **EXAMPLES:** ESTABLISHING A SLEEP ROUTINE, CREATING A RESTFUL ENVIRONMENT, SAME TIME DAILY, NO PHONE.

CREATING YOUR HEALTHY MIND PLATTER

Steps to Develop a Plan:

Determine what is working and what needs changed

Set specific, achievable goals to incorporate more of each activity

Create a weekly schedule that includes a balance of the seven activities

Assess what is working and what needs adjusted for the season of life

PROMOTING THE HEALTHY MIND PLATTER

STRATEGIES for EDUCATORS, SUPERVISORS, and COUNSELORS

- Incorporate the concepts into lesson plans.
 - Foster self-care by providing psychoeducation to students, supervisees, and clients.
 - Provide resources and tools for individuals to track their progress.
- ❖ **Benefits:** Highlight the benefits of a balanced mind platter for mental health and well-being.

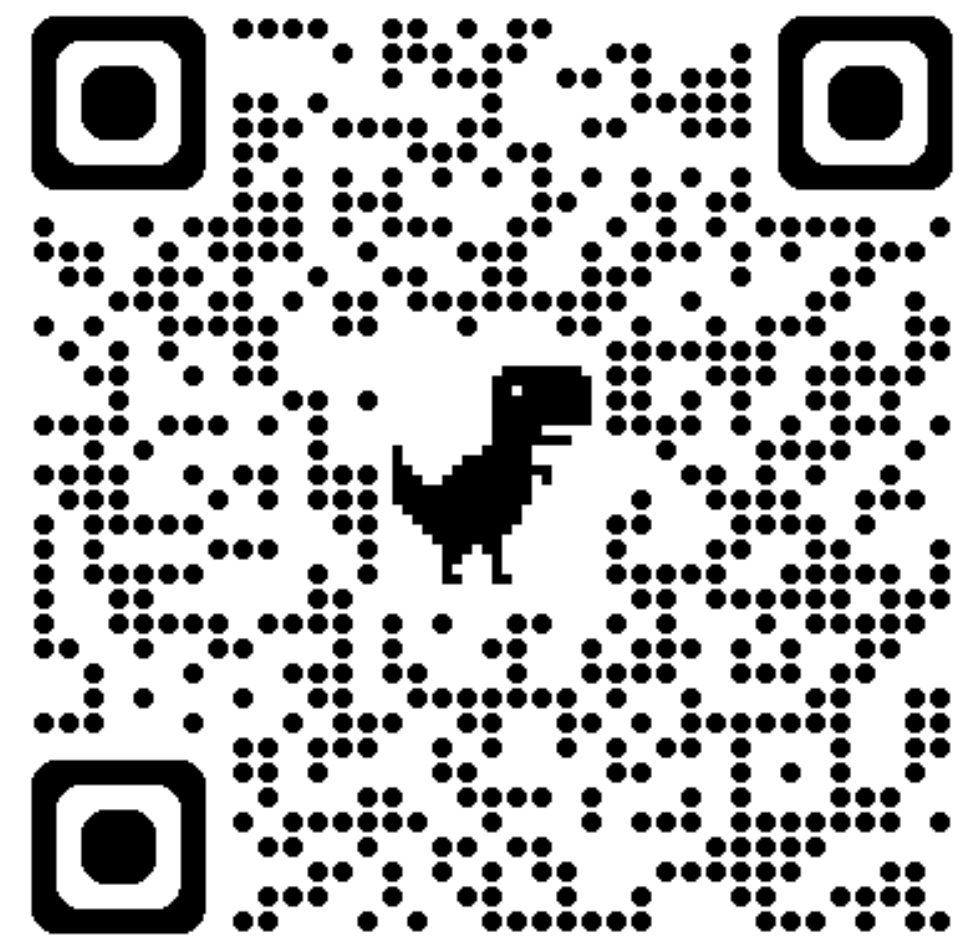


<https://drmarkmcgrath.com.au/2018/09/15/healthy-mind-platter/>

<https://www.fettle.ie/blog/the-healthy-mind-platter>

THANK YOU!

Questions? Comments!



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