The Healthy Mind Platter

- will strengthen neural connections
- will strengthen connections with the people around you

consists of 7 essential mental activities:

1. **Focus Time**
   - focusing on tasks in goal oriented way
   - ex: solving a p-set

2. **Play Time**
   - allowing time for spontaneity, creativity, and novel experiences
   - ex: try paddle boarding

3. **Connecting Time**
   - connecting with others, ideally in-person
   - ex: grabbing lunch with a classmate

4. **Physical Time**
   - working out and moving our bodies (aerobically, if possible)
   - ex: going for a run

5. **Time In**
   - internal reflection on sensations, feelings, and thoughts
   - ex: mindful breathing

6. **Down Time**
   - relaxed and non focused to let the mind wander
   - ex: watching Netflix

7. **Sleep Time**
   - sleep provides time for the brain to consolidate learning
   - try to get 7-9 hours of sleep per night

To lean more about health & wellness at MIT, visit: http://mitpe.mit.edu/Health-and-Wellness-Information