

The Healthy Mind Platter



The Healthy Mind Platter, for Optimal Brain Matter

Life moves pretty fast, if you don't stop and look around once in a while, you might miss it.

It is too easy to isolate ourselves from the world around us.

In the modern world, we are distracted by technology.

- Phones, video games, social media and a whole host of other distractions are designed to keep us busy and not bored.

This can have a negative impact on our mental wellbeing and can even cause stress and a feeling of anxiety.



When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain.

As humans, we are not only connected to each other as social beings, but we are also connected to the world around us.

The final step of the Healthy Mind programme, is being mindful of the world around us.

It is important to stop, breathe and take note of everything around us.



Connect with your senses

- Take time to look and really see



Connect with your senses

- Take time to listen and really hear



Connect with your senses

- Take time to eat and really taste



Connect with your senses

- Take time to touch and really feel



Connect with your senses

- Take time to smell and really inhale



Reflection time

- Time In is living in the moment. Be aware of your surroundings and live in the moment. Stop. Breathe. Feel.