

FEED YOUR MIND



What we do influences our **mental health and wellbeing**, so how do our daily routines **affect how we think and feel**, and what can we do to **take better care of our minds**?

SUMMARY

Our minds are our greatest assets, yet we know surprisingly little about how they work, or how to look after them. So, if we can take care of our bodies by going for a run, and eating an apple, what about our minds?

Many factors affect our mental wellbeing. Our minds involve many overlapping systems which affect how we think and feel. Our primal instincts, emotional responses and physiology all influence our mental processes, making us a lot more complex than we once believed.

Our minds are sensitive too, and strongly influenced by the physical and social factors around us. Exercise, sleep, light, noises, distractions, thoughts and memories all affect how we feel, positively and negatively, and the people around us also influence our moods and emotions. Greater awareness of these factors can help us maintain our wellbeing and create the conditions for our minds to thrive.

What we do makes a difference. Building 'breathers' and 'restorers' into our day can help us stay mentally healthy and effective, and by becoming more conscious of how our actions and environment affect our minds, we can stay healthy, maintain our wellbeing and be more effective in our lives and work.

COURSE OUTLINE

60 MINUTES

- **Meet your mind** 15 minutes
How your mind evolved, why it works the way it does, and why it is important to take care of it.
- **What affects your mind?** 20 minutes
How your actions and environment affect your mental state, and how to increase your personal resilience.
- **5-a-day for your mind** 20 minutes
What do you do that's good for your mind? How do your daily habits affect your mind – positively and negatively?
- **Questions and wrap-up** 5 minutes

KEY TAKEAWAYS

- 1 Your mind is your greatest asset. To be successful in your life and work, you need to take care of your unconscious mind.
- 2 Your mind is sensitive, so manage your environment and also keep a healthy perspective to stay sharp and resilient.
- 3 Build regular breathers and restorers into your daily routine to stay sharp and get the '5-a-day for your mind'.