

Proud to be part of



The children and young people's emotional wellbeing and mental health service

NHS

Surrey and Borders Partnership
NHS Foundation Trust



The Healthy Mind Platter

By Dr. Daniel Siegel M.D

The Healthy Mind Platter was created by Dr. Daniel J. Siegel, Executive Director of the [Mindsight Institute](#) and Clinical Professor at the UCLA School of Medicine in collaboration with Dr. David Rock, Executive Director of the [NeuroLeadership Institute](#). 2011

Presented by Dominique Dixon



Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



The Healthy Mind Platter



The Healthy Mind Platter for Optimal Brain Matter

Copyright © 2011 David Rock and Daniel J. Siegel, M.D. All rights reserved.

Connections in the Brain



The Healthy Mind Platter



Sleep Time

When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.



The Healthy Mind Platter



Physical Time

When we move our bodies, aerobically if possible, we strengthen the brain and help it to grow and make new connections.

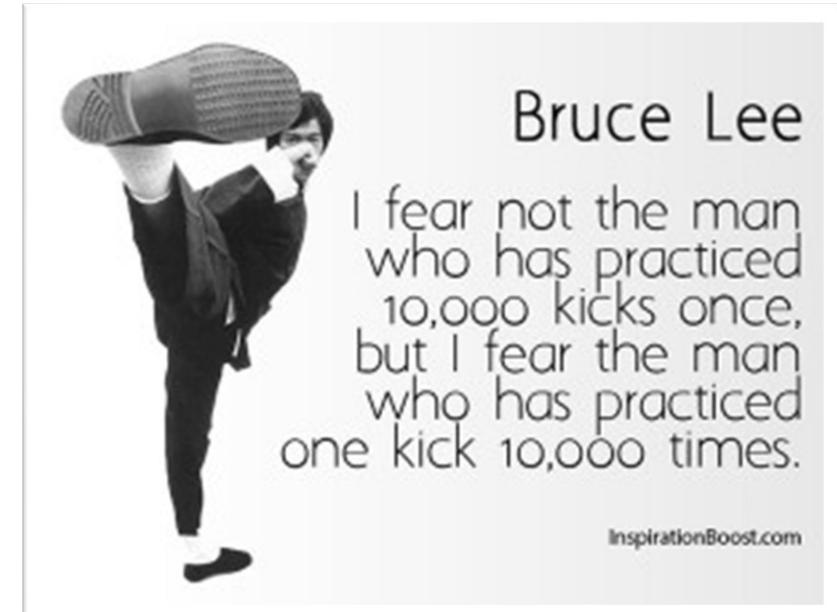


The Healthy Mind Platter



Focus Time

When we pay close attention to one task, we take on challenges that make deep connections in the brain.



The Healthy Mind Platter

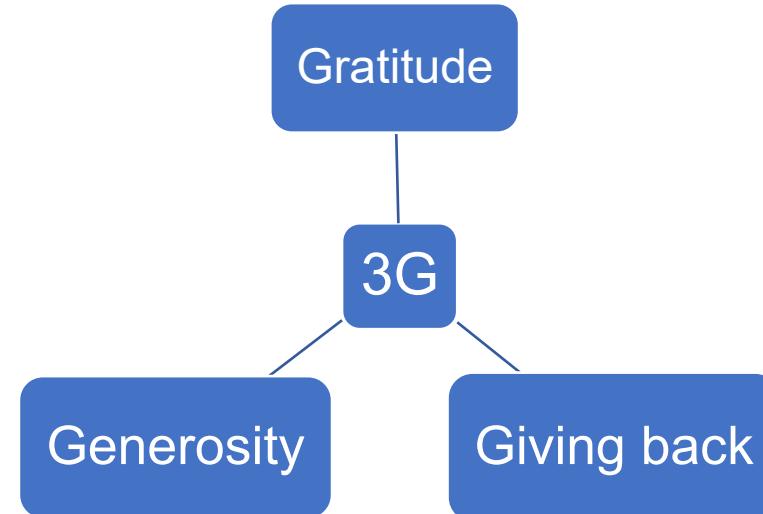


CONNECTING TIME

Connecting Time

When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry.

2P

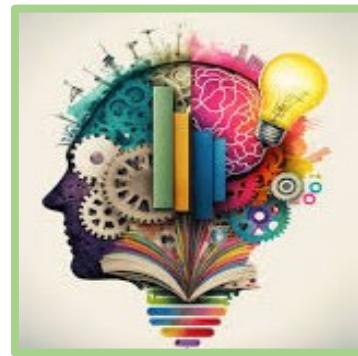


The Healthy Mind Platter



Playtime

When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.



The Healthy Mind Platter



Downtime

When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.

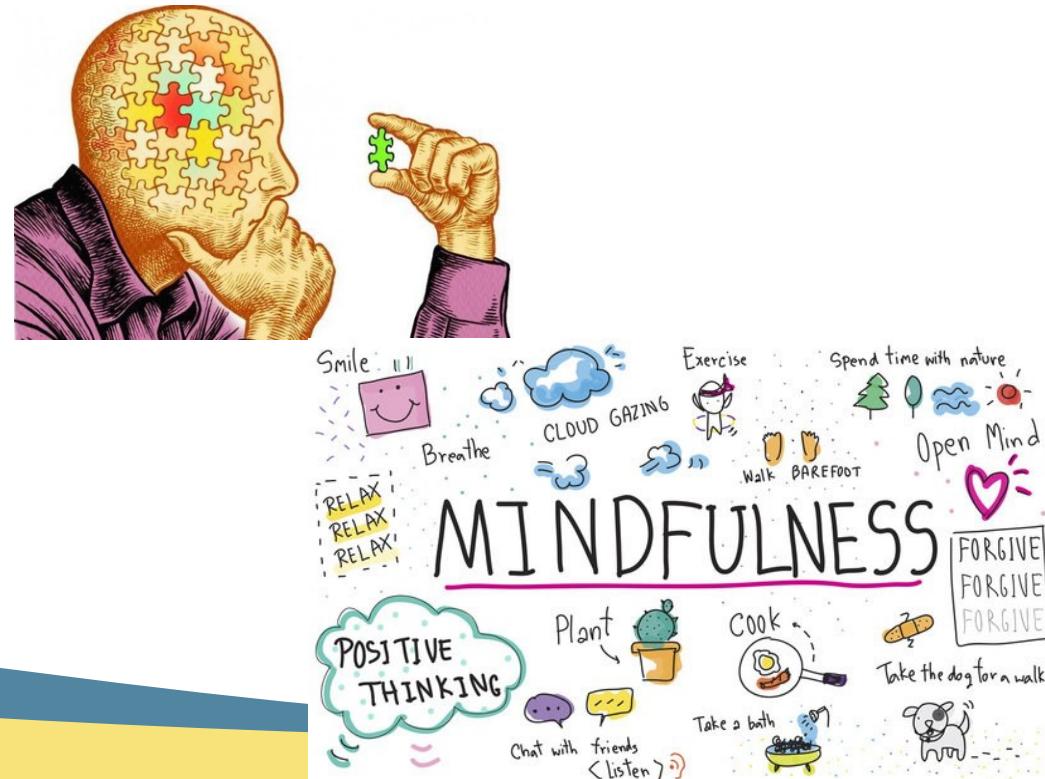


The Healthy Mind Platter



Time-in

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



"Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won't)."

- James Baraz



Easy ways to practice mindfulness in nature



The Healthy Mind Platter



Conclusion

If you participate on a regular basis – ideally daily - in these 7 mental activities, you will find your sense of wellbeing, sense of meaning in life, sense of happiness, sense of fulfilment, and your connection to other people and to the planet will be greatly enhanced.

The Healthy Mind Platter

Summary

- *The Healthy Mind Platter* has seven daily essential mental activities necessary for optimum mental health.
- By engaging every day in each of these activities, you strengthen your brain's internal connections and your connections with other people and the world around you.
- When we vary the focus of our attention with this spectrum of mental activities, we give the brain lots of opportunities to develop in different ways.
- One way to use the platter idea is to map out an average day and see what amounts of time you spend on each essential mental activity. Like a balanced diet, there are many combinations that can work well. (Handout)



Questions



Proud to be part of



The children and young people's emotional
wellbeing and mental health service

Feedback from parent workshop
on Healthy Mind Platter



Find out more at
mindworks-surrey.org



**Surrey and Borders
Partnership**
NHS Foundation Trust

