

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

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower
in fat, salt and sugars

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.

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and
in small amounts

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives
Choose lower fat and lower sugar options



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Choose wholegrain or higher fibre versions with less added fat, salt and sugar
Potatoes, bread, rice, pasta and other starchy carbohydrates



6-8
a day

Water, lower fat
milk, sugar-free
drinks including
tea and coffee
all count.

Limit fruit juice
and/or smoothies
to a total of
150ml a day.



Choose unsaturated oils
and use in small amounts

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The Healthy Mind Platter for Optimal Brain Matter

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Connections in the Brain



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Sleep Time

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



★ How much sleep does my child need? ★

AGE GROUP

Infants 4 - 12 months old

Children 1 - 2 years old

Children 3 - 5 years old

Children 6 - 12 years old

Teens 13 - 18 years old

HOURS PER NIGHT

12 - 16 hours per 24 hour period

11 - 14 hours per 24 hour period

10 - 13 hours per 24 hour period

9 - 12 hours per 24 hour period

8 - 10 hours per 24 hours

Naps included, according to the American Academy of Pediatrics



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Physical Time

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

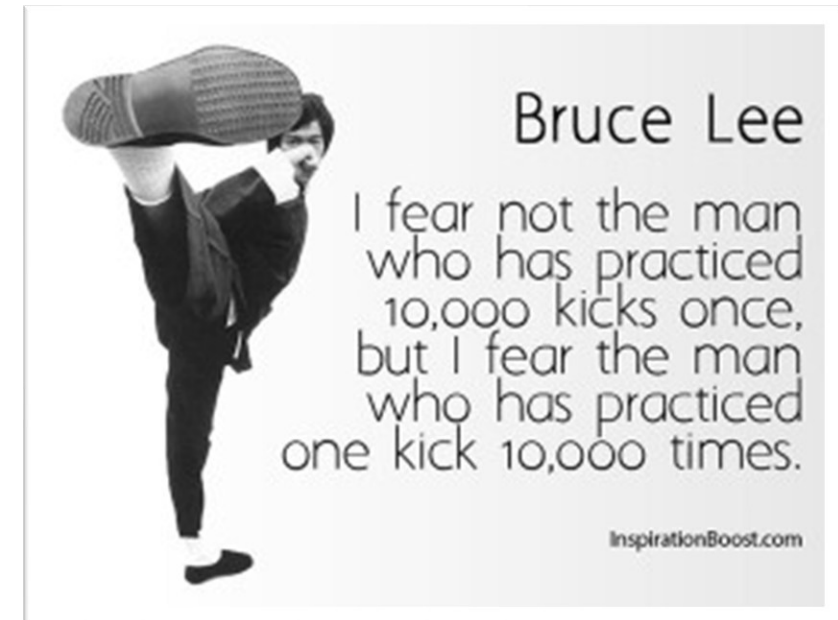
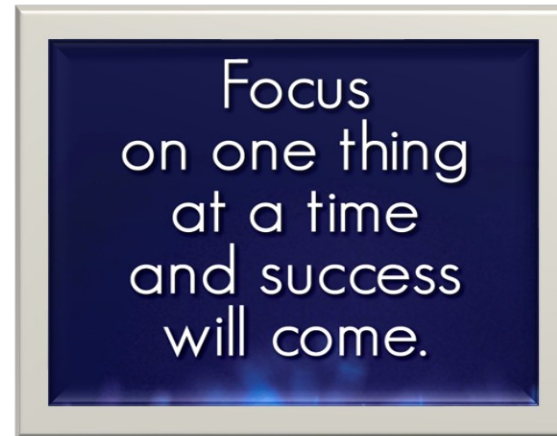


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Focus Time

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

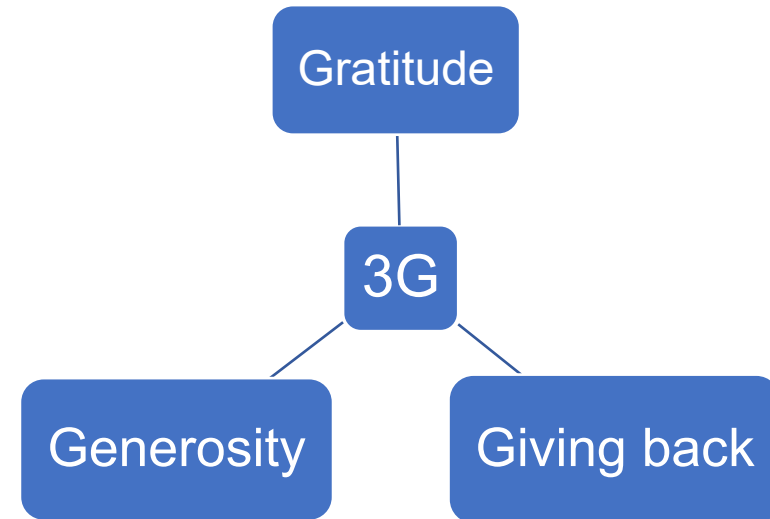


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Connecting Time

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.

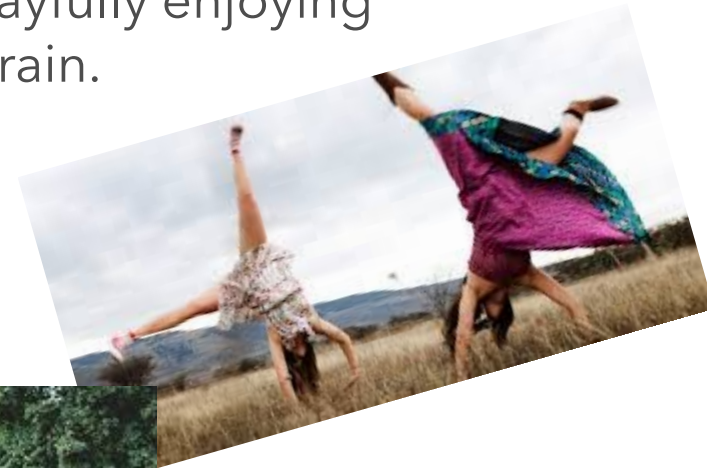


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Playtime

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



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Downtime

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

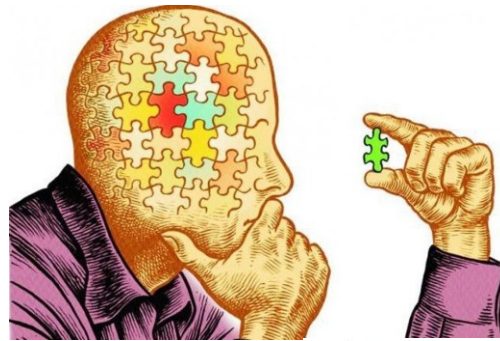


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Time-in

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



Journal your thoughts or feelings outside or by a window



Listen to the sound of the rain on your umbrella



Take a few moments to feel the sun on your skin



Listen to the birdsong and the sounds around you



Enjoy an alfresco cuppa



Take a mindful walk or some gentle exercise



Practice a meditation or try forest bathing



Practice mindful observation, flowers, sky, animals etc.

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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.

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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





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



NHS
Surrey and Borders
Partnership
NHS Foundation Trust



Find out more at
mindworks-surrey.org

