8 Key Habits for a Happy, Healthy Mind

1. **Sleep:** Time asleep is used to refresh and rejuvenate the mind, relax and repair muscles, and restore your energy. It Is your learning superpower and certainly getting your required level of sleep should be a high priority for everyone, during these times. As it also helps to boost our immune system

2. **Eat Well:** We all know about eating foods which are good for our brain health such as oily fish, avocado, whole grain, nuts, seeds, and blueberries

3. **Relaxation:** Intentionally do nothing for at least 10 minutes a day

4. **Focused Attention:** time spent concentrating on a single task or goal helps to promote the development of deep brain connections

5. **Play Hard:** Build in time to do the fun things, take up a new hobby, do something different, something that you will really enjoy

6. **Socialise:** There are still plenty of ways we can socialise – virtual meetups, a game of tennis, a phone call to family or friends

7. **Exercise:** For 30 minutes a day, 3-5 times per week. Go for run or a walk in the park or perhaps join an exercise class

8. **Reflection:** Helps to integrate your mind by taking some quiet time to focus on what's going on for you; your thoughts, feelings, emotions, and sensations – just checking in with yourself

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