

THRIVING MIND MICROSTEPS

YOUR BRAIN IS LIKE A BATTERY

Your brain is like a battery, and this battery needs recharging throughout the day. The state of that battery is determined by a range of factors, from sleep, nutrition, and exercise to how we manage our time and the decisions we make. When your brain is fully charged, you are at your best; you are your most energetic, productive and creative self. You're resilient in the face of setbacks and challenges and fully present to experience wonder and joy.

IN THE MOMENT RECHARGE STRATEGIES

MICROSTEP —

If you catch yourself in a negative thought pattern or feeling particularly stressed, turn your focus to the rising and falling of your breath.

Even a few seconds of conscious breathing will help you reduce stress and increase calm and focus.

MICROSTEP —

Observe your breathing when you open up your email in the morning.

Eighty percent of us hold our breath for short bursts of time while reading our emails, which disrupts our breathing and increases stress.

MICROSTEP —

Choose an affirmation that turns a perceived weakness into a strength.

For example, if you frequently feel judged (by yourself or others) for falling behind, or not measuring up somehow, try: I am able to do everything that needs to be done. This will help you rethink how you feel about that "weakness" feeling and reframe it in your favor.

MICROSTEP —

Whenever you're about to do some demanding work, take a moment to think about how it will make someone's life easier, or have some other positive effect.

Reframing in these moments when work gets tough can give you a deeper sense of meaning and help you stay motivated.

MICROSTEP —

Set aside a specific time each day or week dedicated to worry time.

Make it five minutes or 15 minutes, whatever you need. Any amount of time you can commit to is worthwhile. Write down or reflect on your worries and concerns.

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UPSTREAM RECHARGE STRATEGIES

MICROSTEP —

Keep a nightly gratitude journal.

Writing down things you're grateful for builds a gratitude practice, which helps reduce stress.

MICROSTEP —

Before you get into bed, escort your devices out of your bedroom.

Our phones are repositories of our to-do lists, inboxes, projects, and problems. Disconnecting will help you sleep better, recharge, and reconnect to your wisdom and creativity.

MICROSTEP —

Block time on your calendar for exercise.

Treat your exercise time like you would an important meeting or doctor's appointment. You wouldn't miss those — shift your mindset about exercise and prioritize the time for yourself.

MICROSTEP —

Be kind to yourself when you go off course with food choices.

Recognizing your disappointment without letting it define you will help you move on.

MICROSTEP —

Invite a friend or colleague to lunch or coffee.

Getting to know them in a deeper way helps build human connections that optimize brain function.