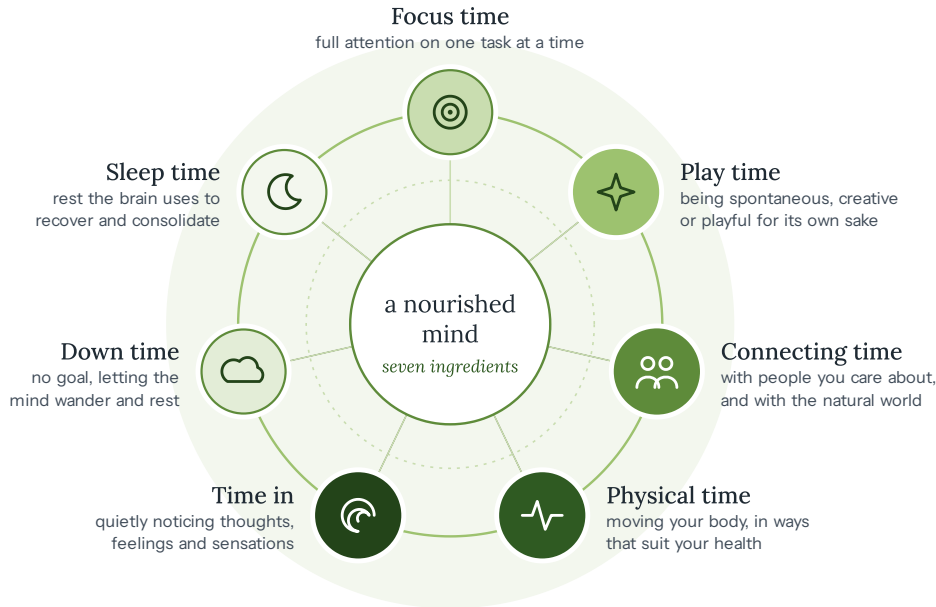


The Healthy Mind Platter

PSYCHOEDUCATION & SELF-REFLECTION · SEVEN EVERYDAY MENTAL ACTIVITIES

Seven everyday ingredients that can help nourish the mind

Psychiatrist Daniel Siegel and David Rock proposed the Healthy Mind Platter as a mental counterpart to a healthy eating plate. Drawing on research across several fields, they suggested seven kinds of daily activity that may each support wellbeing in different ways. There are no set portions: the right mix differs between people, and across seasons of life.



01 My mind platter this week

0 = hardly at all · 5 = plenty

INGREDIENT	HOW PRESENT, LATELY	HOW MUCH I'D LIKE	ONE SMALL, REALISTIC STEP
Focus time	0 1 2 3 4 5	0 1 2 3 4 5	
Play time	0 1 2 3 4 5	0 1 2 3 4 5	
Connecting time	0 1 2 3 4 5	0 1 2 3 4 5	
Physical time	0 1 2 3 4 5	0 1 2 3 4 5	
Time in	0 1 2 3 4 5	0 1 2 3 4 5	
Down time	0 1 2 3 4 5	0 1 2 3 4 5	
Sleep time	0 1 2 3 4 5	0 1 2 3 4 5	

02 Worth keeping in mind

a guide, not a rulebook

No perfect recipe

Needs shift with work, health, caring roles and stress. Aim for a mix that fits your life now.

Small servings count

A few minutes of time in, play or connection may still make a difference to your day.

Watch the quiet ones

Sleep, down time and time in are often the first to go when life gets busy.

A framework, not a formula

Each ingredient draws on research, but the platter as a whole is a proposed model that hasn't been tested as a package.

03 Reflecting

at the end of the week

What I noticed about my balance

What gets in the way

What I'd like to talk about

SOURCES

Rock, D., Siegel, D. J., Poelmans, S. A. Y., & Payne, J. (2012). The healthy mind platter. *NeuroLeadership Journal*, 4, 1-23.

An original resource informed by Rock and Siegel's framework. It does not reproduce the Healthy Mind Platter graphic.