



MIND STIMULATION

Engaging in daily mind stimulating exercises, you can improve your solving abilities, memory, IQ, stress management, mood and even enhance your cognitive skills! There are many different ways to stimulate your mind for the betterment of your mental health. Some of those ways include; Meditation, nature indulgence, puzzles, games, reading, writing, and any form of art. Incorporate some of these practices into your daily routine and experience the positive benefits!

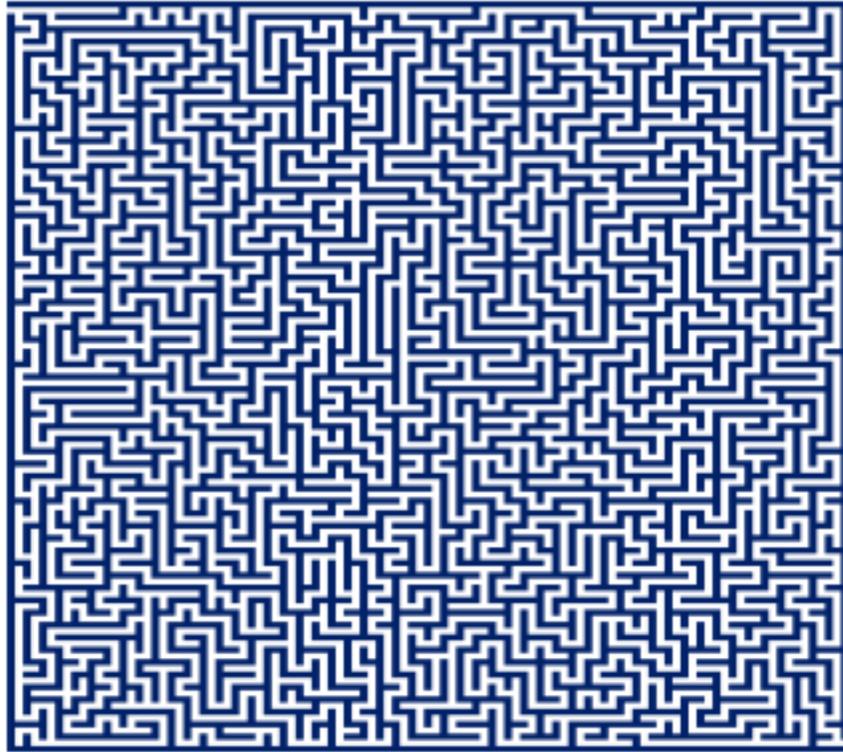
GAMES & PUZZLES

Performing challenging games & puzzles on a regular basis can sharpen your mind and improve memory! Enjoy these complementary activities!

Sudoku

	7		3		1
1	3	9	8	2	6
6					8
7		2			1
			9	4	
8				9	6
	8				5
	5		1	4	2
					9
	1		9		3

Maze Puzzle



NATURE EMBRACE

Whether you take a hike through a nearby trail or even go for a walk around the block, the simplest act of going outside can positively improve your health! Come up with fun activities that will keep you engaged and excited to spend time outside!

FUN NATURE ACTIVITIES

-Picture Collecting: Take photos of any interesting plant or animal you may come across. Start an online page and post your photographs, or even create a physical photo album!

-Scavenger Hunt- At the beginning of each week list a few things you want to find on your hikes/walks. Check off your list as the week progresses and see how you did at the end of each week!

-Animal Watching- Pick your favorite animal and dedicate your time outdoors studying their habits and behavior. You can even create fun hiding spots to watch them without being seen!

-Step Counting- Designate a certain amount of steps that you want to complete each day. Use this as motivation to push yourself to reach your goals!

MEDITATION

Meditation is a great way to clear your mind, control your breathing, improve your posture, and reduce stress! Meditation has been performed for centuries and there are

many different techniques. The most common pose is the cross-legged pose and can be performed anywhere!



POSTURE

This is a simple pose that should be practiced with an erect spine and good balance. You can place your hands in your lap, palms facing up, with one hand on top of the other. You can also place your hands palms up, placing both hands on top of your lower thigh/knee. (as shown in image above)

Cross your feet in the most comfortable position for yourself, and sit up straight.

PERFORMANCE

If you are just starting out, 10-15 minutes each session is a good starting point. You can set a timer for however long you choose to meditate. Get comfortable in your position, close your eyes and clear your mind.

TIPS:

- Envision a shape or object in the center of your forehead while performing your meditation. Your thoughts will wander (this is normal). Use that shape/image as a way to refocus and rid your mind of any random thoughts.
- Perform your meditation in a quiet setting. Think about where you will be meditating and schedule accordingly to time when the noise will be at its lowest, preventing any unwanted distractions.
- Keep a Meditation journal and keep track of each session. Document your progress and the kinds of experiences that you felt.

WRITING

Writing daily has many benefits, and can help organize your thoughts, reducing stress. You could write an original story inspired by your own life experiences, or even keep a daily journal. However you choose to express yourself with writing, do it consistently and passionately!