

Counselling Connection

Paula.Knox@cssd.ab.ca

June 1, 2020

Enhancing our Mental Well-Being

Staying Mentally Healthy

As we approach the final month of our school year, students might be finding it more challenging to stay engaged with online learning. It is normal for them to have days where they seem “off” due to current situations, and uncertainties that lie ahead. We often emphasize the importance of nourishing our bodies with healthy foods. It is also important to nourish our minds with a balance of mental activities. Dr. Daniel J. Siegel and Dr. David Rock created the Healthy Mind Platter with seven mental health activities to promote optimum mental health. These seven “mental nutrients” are essential for the brain and support positive relationships. Participating in each serving daily can strengthen the brain’s internal connections and contribute to mental wellness. Using the Healthy Mind Platter metaphor can provide a way of assessing and communicating with your child about their current mental health, and activities that can help them to feel better.

The Healthy Mind Platter



The Healthy Mind Platter for Optimal Brain Matter™

Copyright © 2011 David Rock and Daniel J. Siegel, M.D. All rights reserved.



Tips to Nourish our Mental Well-Being

Everyone requires different amounts of time for the recipe for a healthy mind

Become aware of the full spectrum of essential mental activities

Make sure every day you bring the right ingredients into your mental diet (Just like we shouldn't eat pizza every day, you shouldn't sleep all day)

The key is balancing the day with each of these essential mental activities

Mental wellness is all about reinforcing our connections with others and the world around us

Seven Daily Essential Mental Activities

To Optimize Brain Matter and Create Well-Being



"Mental Health and Mental Balance Is Critical To Living A Healthy Life." *Marie Hemingway*

Newsletter Reference:

Rock, D., & Siegel, D. (2011). The Healthy Mind Platter. Retrieved May 25, 2020, from https://www.drdansiegel.com/resources/healthy_mind_platter/

