Healthy Mind Pursuits is based on the Healthy Mind Platter, a concept developed by Dr. Dan Siegel and David Rock to showcase the 7 activities that are the 'mental nutrients' your brain needs to function at its best.

Here are some fun (and definitely not trivial) challenges to help you pursue a healthy mind! **Play along at jewishcamp.org/healthymind**

**Challenge completed?** Tag us at @jewishcamp and tag #jewishcamppursuits.

**FOCUS TIME**
When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.
- **challenge**
  - Spend a week using UDAI to better do to prioritize.

**TIME IN**
When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help the brain rest and heal.
- **activity**
  - Reflect with Virginia Masiello and Alison Luecke
  - From R Từ R

**DOWN TIME**
When we are not focused on our minds, we help the brain rest and heal.
- **challenge**
  - Turn off your screens and disconnect.

**PHYSICAL TIME**
When we move our bodies, aerobically if possible, we strengthen the brain in many ways.
- **activity**
  - Embodied Movement Infusion with Yoelli Silverstein
  - 8/15 @ 2pm

**CONNECTING TIME**
When we connect with other people or the natural world, we activate and reinforce the brain's relational circuitry.
- **challenge**
  - Send us a snap or video to show your friends.

**SLEEP TIME**
When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.
- **challenge**
  - Adapt a sleep routine for yourself

**PLAY TIME**
When we are spontaneous, loose or creative, we make new connections in the brain.
- **activity**
  - Join us for 8/15 @ 6pm

**FOUNDATION FOR JEWISH CAMP**

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