

20 Activities to Optimize Mental Edge

- **#1- Sun Exposure-** 15 minutes of sun first thing in the morning can boost energy, motivation, brain clarity
- **#2- Move throughout day-** even 10 minutes of movement/exercise as shown to balance mood and energy
- **#3- Sleep-** 6-8 hours/night is optimal. Find a number that you feel you can stick to and go for it. The more consistent sleep and sleep hours before midnight optimize REM as well as healing and rejuvenation for your next day
- **#4-Play & Laugh-** Don't forget to be a kid throughout your week! Do something that is fun and that makes you laugh. It boosts immunity and brain optimization.
- **#5-Get clear on what “lights” you up.** -What you love to do and energizes you. Do this activity daily...even if it's only for 10 minutes cognitive work every 25 minutes. This will boost brain clarity and productivity!
- **#6- Hydrate throughout your day.** Don't worry about how many cups. Just have that bottle near you and sip
- **#7- Stop obsessing and overthinking**...just do...imperfect action is powerful



- **#8-Visualize daily your dreams.** - Huge research on fascinating achievement and your brain is more likely to choose beliefs/behaviors aligned with this.
- **#9-Speak positively to yourself.** - Good question to ask...”would I say this to someone else? IF not, why am I saying it to myself?”
- **#10-When something or someone upsets you, “triggers” you don’t avoid it, don’t shame it.** Sit with it. Let it move through. Exercise among other tools can be helpful. Don’t stay there too long though and if you find you are still struggling with the emotion reach for support to a counselor, friend.
- **#11- Stay on the outside perimeter of the store when grocery shopping as much as you can.** Limit boxed food, sugar, alcohol.
- **#12-Take breaks every 25 minutes from project/homework.** Research shows humans need a 5 minute brake from
- * **#13- Own what is certain in your life-** when we shift our mind from what feels uncertain now into things we have certainty or control over this will decrease fight-or-flight response and put our system into a calm state which optimizes mental edge. What can you be certain about? Control of what you say, control of what you hear, control of what you do! That’s walk makes us human! WE have the power & certainty of what we let in/ out of our world which effects our state of BEING and ultimately our MIND!



- * **#14- Decide what activities you will no longer tolerate from yourself.** Commit to re-writing them and get an accountability partner!
- * **#15- Refrain from holding grudges.** Find ways to process, get support where needed. The amount of energy it takes to hold on to “un-forgiveness” is huge
- * **#16-Get around people that make you feel good and challenge you to grow.** Remember the people you hang around the most will be your biggest influencers on your life.
- * **#17- SERVE-** Studies have shown that “serving” creates the greatest and most IMMEDIATE shift in the brain and when implemented increases “happiness” and all the “happy pills” such as serotonin, dopamine that energize the body and brain. Serving at a non-profit, serving the elderly, serving at a community event with your gifts can create immediate and long-term fulfillment, joy and happiness.
- * **#18- Setting BOUNDARIES-** on people, places, things. Being in an environment that does not align with your values doesn’t “feel good” can send you into overwhelm, uncertainty, anxiety, or depression. Being really honest with yourself on what people/places/things you need to limit time on and those you need to increase time on is necessary to allow you to show-up powerfully.
- * ANOTHER big one is social media/TV/computer use. From the physical effects of EMFs to the mental & emotional influences of media breaks and boundaries on length of use is key. Start with “mini-“breaks during your day (go on a walk without your phone!) and also set a timer limit when you go on. Be honest where you are at and “tweak” a bit. You’ll will notice such a change in brain clarity and energy!



- * **#19- Being PRESENT-** Breathe, eye contact when doing a task or connecting with a person throughout your day. When you are thinking of the last or next task you need to do you not only limit productivity of your time BUT also it will put you into anxiety...see #7 & 9. Staying PRESENT in the moment enhances a calm/parasympathetic state and ultimate mental edge!
- * **#20- Don't take yourself too seriously.** You are not going to “knock it out of the park” every day.. We waste a lot of energy and brain power ruminating on things we did in the past that we can't undo. Learn from them then move on and try again tomorrow. And remember, most of the people you respect have failed often.
- * **#BONUS #21- Give and receive a lot of hugs.** HUGE research on boosting mood, immunity and connection to your people
- * **Finally,** if you are feeling continued depression, anxiety or thoughts of suicide there are great support services available to help you navigate this. Taking the step of courage to reach out and share your struggle is the most powerful thing you can do. YOU are not alone. YOU are worthy to receive help. Depression/anxiety is now the #1 reason why people go to their doctor. Let's not put it under the rug. You can heal, thrive and become Mentally Healthy again.

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