

# WELLBEING & RESILIENCE

Build your capacity for change and renewal with a healthy balance of these 7 factors.

*Adapted from The Healthy Mind Platter, NeuroLeadership Institute.*

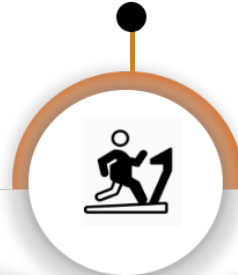
## SLEEP

Restore & regenerate memory, creativity and emotional regulation.



## EXERCISE

Physical activity builds physical and mental muscle and brain plasticity.



## CONNECT

Social contact stimulates positive psychological and physiological processes.



## REST & RELAX

Mental downtime allows for subconscious thought and spontaneous (aha!) insights.



## PLAY & LAUGH

Play facilitates creativity & learning, builds problem solving skills & eases stress.



## FOCUS

Sustained attention and concentration enable superior performance.



## MINDFULNESS

Centre in the present, paying active attention to senses and thoughts, without judgment.