

30 MINUTES FOR DAILY BRAIN CARE

Why do you want a healthy brain?

Write your response here: _____



Make your brain care a priority and not an option.



Make 1 decision each day to keep your brain top of mind.



Identify your purpose for brain health.



Small changes can lead to lasting results.



5 MINUTES FOR MEDITATION/BREATHWORK



Meditation is an excellent brain workout



Start with a short interval- a few minutes per day



10 MINUTES FOR BRAIN FITNESS



Create and maintain a mental fitness routine



Aim for 2x 10-minute sessions per day if possible



10 MINUTES FOR MOVEMENT



5 minutes of physical movement offers health benefits



Aim for 3x 10-minute sessions per day if possible



5 MINUTE BRAIN BREAKS



Take time to unwind throughout your day to optimize your brain



Take multiple brain breaks daily



1 MINUTE GRATITUDE



Adopt an attitude of gratitude



Make gratitude part of your day



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