

Everyday Practices for Brain Health & Well-Being

Simple, science-informed skills to support focus, regulation, and resilience



1. Attention: Aim It. Rest It.

Attention is trainable.

Try:

- Pause for 30–60 seconds
- Notice your breath, body, or surroundings
- Gently return your attention when it drifts

Use in your day:

- Before opening email
- Between meetings
- While waiting



2. Breath: Regulate Your System

Your breath directly influences your nervous system.

Try:

- Inhale for 4
- Exhale for 6
- Repeat 4 times

Use when:

- Transitioning between tasks
- Before a difficult conversation
- At the end of the day



3. Body: Reset Through Movement

Your body sends signals to your brain.

Try:

- Roll your shoulders
- Lengthen your spine
- Unclench your jaw

In your day:

- Stand and stretch between tasks
- Notice and release tension



4. Sensory & Creative Reset (Neuroarts in Practice)

Engaging with art and music supports regulation.

Try:

- Listen to one song with intention
- Step outside and visually scan your environment
- Doodle or draw simple patterns
- Engage with art, humor, or beauty

Why it matters:

- Shifts attention
- Reduces cognitive fatigue
- Supports emotional balance



5. Gratitude: Notice What Supports You

Not forced positivity—just noticing.

Try:

- One thing that went well
- One meaningful interaction
- One effort you made



6. Meaning & Connection

Well-being is relational.

Reflect:

- Why does your work matter?
- Who have you helped?
- What do you need right now?

In your day:

- Reach out to a colleague
- Acknowledge someone's effort

Micro-Dosing Wellness. You don't need an hour. 30-90 seconds matter. Build Small practices into what you already do.

Drawn from research in contemplative neuroscience (Richard Davidson, Center for Healthy Minds), stress neurobiology (McEwen; Arnsten), and neuroarts/arts & health research.

Train the Brain: Daily Tips for Brain Health

Small actions that support brain and overall well-being

Daily Brain Health Pledge

I will take care of my brain every day. I will:

- Sleep at least 7 hours
- Add fruits and vegetables to my meals
- Get active for at least 30 minutes
- Take time to calm my mind
- Spend time with friends and family
- Show kindness to others

Everyday Brain Health Tips

- Take a break to stretch each day
- Offer a random act of kindness
- Turn off electronics 1 hour before bedtime
- Take a walk in nature
- Think of 3 things you are grateful for
- Try a breathing exercise or meditation
- Read or watch something that makes you laugh
- Choose water over sugary drinks
- Listen to music to relax
- Call a friend

Why This Matters

Taking care of your brain supports:

- Focus and decision-making
- Emotional balance
- Physical health
- Relationships and connection

Taking care of your brain is just as important as taking care of your body.

Learn More:

<https://www.palmhealthfoundation.org/our-work-advancing-brain-health>



Brain health recommendations informed by public health, neuroscience, and behavioral health research.