



# “Minding The Mind”

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## **Brain Plasticity Action Plan**

Strengthen memory, learning & emotional calm in 15–30 minutes a day

### Morning (5–10 minutes)

- **Gratitude (1–2 min):** Write 1 thing you’re thankful for.
- **Breathing (3–5 min):** Inhale 5seconds, exhale 5 seconds, repeat ~6 breaths/min.
- **Movement:** Add a brisk 20–30 min walk or short aerobic exercise.

### Midday (5–15 minutes)

- **Novelty:** Do something new (different route, word, recipe, or quick learning exercise).
- **Optional exposure practice (if working on fears):** Briefly face a small fear while using your *safety anchor* (calm breath + thumb/forefinger press).

### Evening (10–20 minutes)

- **Relaxation / Self-hypnosis:** Use a short guided track (my audio) or quiet focus to let the brain settle into calm/theta rhythms.
- **Sleep:** Aim for 7–9 hours, with a 30–60 min wind-down routine.

### Weekly Extras

- Try 1 **new skill or hobby** (music, language, cooking, puzzles).
- Use **controlled stress + recovery** (e.g., a brief cold shower, sauna, or exercise sprint, followed by relaxation).
- Reflect: ask yourself *“What got easier this week?”*

### Daily Checklist

- Gratitude (1 min)
- Breathing (3–5 min)
- Exercise (20–30 min)
- Novelty / Learning (5–15 min)
- Relaxation / Self-hypnosis (10–20 min)
- Consistent Sleep

### Quick Reminders

- Small, steady practice > big effort once in a while.
- Pair **calm + challenge** for the strongest brain rewiring.
- Notice improvements, not perfection.

Please Contact Me For Your Personal Interests & Best Wishes For Your Personal Progress

Regards, Kevin

Disclaimer: The above shares ideas in exploring personal progress as derived from various sources. It is intended as information only and is not intended as advice to engage in any specific physical or mental activity. Always consider whether these ideas, concepts, techniques & activities are right for you & always confer with your health professionals.

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