

At WCSA we use the 'Healthy Mind Platter' to ensure everyone is able to enjoy positive mental health



The Healthy Mind Platter, for Optimal Brain Matter





Sleep Time



When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.



Physical Time



When we move our bodies aerobically, we strengthen the ways our brain works.



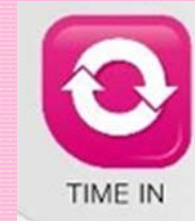
Focus Time



When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.



Time In



When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain.



Play Time



When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.



Connecting Time



When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and strengthen the brain.