# BRAIN HEALTH AND MEDIA – WHAT IS REQUIRED?

## SLEEP AND REST

Sleep is one of the most important factors in brain health. Sleep clears, restores and regenerates your brain.

**Does the way you use media affect what time you go to sleep?**

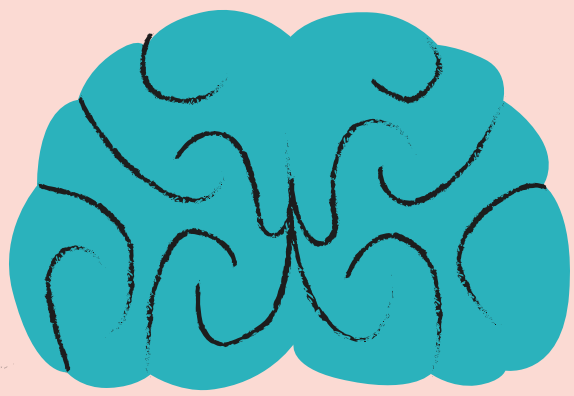
**Do you let your brain recover overnight or do you keep checking your phone at night?**

## TOUCHING AND MEETING PEOPLE

A touch caresses the brain and reduces stress. Screens are often an important means of communication, but they are no substitute for meeting people face to face.

**Where do you meet people you care about?**

**And when was the last time you gave someone a hug?**



## IDLING

Quiet moments with no stimulation are important for restoring the brain and promoting creative thinking.

**Do you give your brain any unstimulating moments?**

## EXERCISING AND LOSING YOUR BREATH

Exercising speeds up your thought processes, improves your alertness and shapes your brain by making new connections. Exercise can help when you need to learn difficult things.

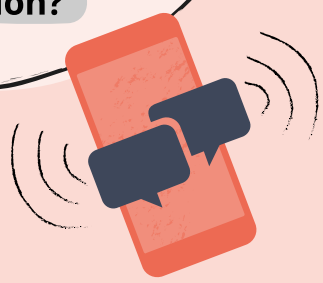
**Does music make you want to dance or jog? Or does your smartphone keep you glued to your couch?**

**How could your smart devices make you exercise?**

## PEACEFUL TIME TO FOCUS

Smart devices attract our attention with their tinkle and sometimes tempt us to do too many things at once.

**How do you make sure that you are not distracted when you are with people that you care about or are doing a task that requires concentration?**



## VERSATILE STIMULI

Your brain likes it when you use it in a variety of ways and deviate from routines. Handicrafts, listening to music and small problem-solving tasks are great for the brain.

**Do you include a variety of activities in your daily life?**

**Do you use media in a number of different ways?**

**How could you surprise or challenge your brain?**

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