

Sleep

During the day

Stay active. Try a good workout after school or work, but avoid exercising close to your bedtime. Be outdoors for part of the day. Avoid taking long naps or naps too close to bedtime.

Before bed

Avoid or limit caffeine, tobacco, cannabis, and alcohol before bedtime. Stop using all technology and screens at least 30 minutes before bedtime. Unwind before bed (deep breathing, meditation, reading, etc.). Write down your thoughts.

In your sleeping space

Keep your bed a sleep sanctuary. Avoid studying on your bed. Keep your bedroom quiet, dark, and well-ventilated. Turn off your phone and use an alarm clock instead to wake you up in the morning. Share your sleep habits with your roommates.



Exercise

Muscle relaxation

Slowly breath in through your nose and out through your mouth. Breathe in and make a fist, squeezing your hands tightly. Hold this for seconds, then slowly release the tension as you breathe out. You can do this with your various body parts including feet and neck.

Exercise burst at home

Short bursts of vigorous movement followed by brief periods of rest. Some examples include jumping jacks, desk pushups, and reverse squats.

Short "awe walk" in nature

Take a stroll while intentionally focusing on the wonder of nature and shifting your attention outward instead of inward.

Ex., Nitobe Garden (5 min from Henry Angus), Outdoor totems at the Museum of Anthropology (7 min), and Rose Garden (8 min)

STRATEGIES TO BOOST BRAIN PERFORMANCE



Food

Foods to power your brain

- Berries: high in fiber and antioxidants
- Avocado: source of healthy fat, fiber, vitamins
- Chia seeds: high content of calcium, magnesium, and potassium
- Chickpeas: high source of protein and fiber
- Peanuts, walnuts, etc

Food Cont'd

- **Avoid skipping breakfast:** this is associated with decreased cognitive performance, including memory, processing visual displays, problem-solving, alertness, and attention.
- **Have a list of recipes readily available** that can be easily prepared. Check out the OR code!

