

# NURTURING THE UPSTAIRS BRAIN

Build healthy brain connections with body, mind, and soul.

## BODY

- ~ Sleep, eat, and exercise for my health
- ~ Take a time out
- ~ Breathe – deeply and often
- ~ Nurture my senses
- ~ Notice how I feel
- ~ Get a massage
- ~ Listen to my body
- ~ Look for what is good or working well
- ~ Hug someone, hold hands, etc.
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- ~ \_\_\_\_\_

## MIND

- ~ Be proactive (Journal, "Joy Plan," etc.)
- ~ Set up healthy boundaries
- ~ Notice the "wins"
- ~ Quit Taking It Personally (Q-TIP)
- ~ Let the right people take control
- ~ Respond to my inner critic like a trusted friend would respond
- ~ Limit social media and negativity
- ~ Practice responding instead of reacting
- ~ Remember my accomplishments
- ~ Notice how I am feeling
- ~ Remind myself of what is true
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- ~ \_\_\_\_\_

## SOUL

- ~ Send safety signals with a little smile
- ~ Sing
- ~ Laugh and play
- ~ Practice gratitude / gratefulness
- ~ Get some "green time"
- ~ Appreciate people and situations
- ~ Phone a friend or "safe big critter"
- ~ Be kind to someone
- ~ Pray, especially for those who bother us
- ~ Forgive
- ~ Step into my power
- ~ Practice mindfulness or meditation
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**BraveBrains**  
RENEWING HOPE FOR A BRIGHT FUTURE