

1 Put on your rose coloured glasses.



Create a positive future story; optimism is associated with rising levels of dopamine which engages the brain.

6 Offer and receive physical contact.



Give and take hugs to literally soothe the brain with calming inhibitory peptides.

2 Follow a sleep routine.



At the end of the day, choose a pleasant activity that brings your day to a peaceful end. Getting adequate sleep is connected with memory function.

7 Create mnemonics and cartoons to help remember.



These skills call on the prefrontal cortex and Executive Functions to access working memory. By integrating jokes, riddles and puns you can also learn to think flexibly by shifting between different meanings and associations of words.

3 Deny the drama.



Avoid getting caught up in gossip, what-if's and theatrical reactions (other people's too). Drama fires up the amygdala that gets the prefrontal cortex off its game.

8 Play!



Make-belief play, in particular strengthens Executive Functions.

4 Move your body.



With sports, dance, martial arts, yoga or other active pursuits

9 Be of service and volunteer.



The social and mental activity required sends blood rushing to the prefrontal cortex.

5 Find ways to express your gratitude.



Gratitude activities increase positive emotions which then activates the prefrontal cortex.

10 Learn to juggle.



Learning any new and engaging activity fires off neurons in a positive way. Other activities that require focus and practice such as dancing, circus arts, music, theatre and sports are predicted to significantly strengthen Executive Function.