



TOCC Times

Brain Training Week

What you'll find:

Holiday Safety **P.1**

Mon, Tue **P.2**

Wed, Thurs, Fri **P.3**

"Stay Home, Stay Safe"

Make sure to always take measures for your safety and the safety of others.

1. Wear a mask
2. Wash your hands
3. Socially distance
4. Avoid crowds

Here are a few other tips to stay safe during the holidays

1. Get your flu shot
2. Start quarantining
3. Quarantine upon arrival & get tested if you can
4. Wear a mask
5. Have your celebrations outside
6. Open windows, if you cant have your celebration outside
7. Avoid inviting strangers, keep your circle small
8. Check CDC recommendations for latest information

Practice the Six Cs

for everyone's safety!



Avoid Crowds
Close contact
Closed spaces



Cover up
with a mask



Clean your hands



Care for yourself
Eat well, exercise, sleep

MAKE A DIFFERENCE DURING THE COVID-19 PANDEMIC



Wash Your Hands



Wear a Mask and Avoid Crowds



6 feet

Maintain distance

Save PPE for Those on the Front Lines

The general public should wear cloth face coverings



Follow Food Safety Guidelines



Donate Blood and Plasma



Report Fraudulent COVID-19 Tests, Vaccines and Treatments

Motivation Monday

As part of this new year, we want to look at how to be more mindful and in the moment. So we start with how to tame a wandering mind and be more present!

TRY IT TUESDAY

For this try it Tuesday, try a couple of these exercises to begin to strengthen your mind

MOTIVATION MONDAY

Watch “How to Tame Your Wandering Mind”

https://www.ted.com/talks/amishi_jha_how_to_tame_your_wandering_mind/up-next?language=en

Amishi Jha studies how we pay attention: the process by which our brain decides what’s important out of the constant stream of information it receives. Both external distractions (like stress) and internal ones (like mind-wandering) diminish our attention’s power, Jha says – but some simple techniques can boost it. “Pay attention to your attention,” Jha says.

TRY IT TUESDAY

Daily exercises that will strengthen your attention

<https://www.artofmanliness.com/articles/your-concentration-training-program-11-exercises-that-will-strengthen-your-attention/>

According to the article above there are 11 things you can do every day to strengthen your brain!

- 1) Increase the strength of your focus gradually – set goals to work for 45 min and then take a break for 15 min and gradually build up longer work times
- 2) Create a distraction to-do list – when something pops in your head, write it down and come back to it instead of letting it derail you
- 3) Build your willpower – focus on deliberately ignoring distractions when they come up
- 4) Meditate – start your morning off by centering your mind for 10 min and get ready for the day!
- 5) Practice mindfulness throughout the day – slow down and focus on exactly what is around you and then narrow down to what you are doing
- 6) Exercise (your body) – physical exercise assists in the ability to ignore distractions
- 7) Memorize stuff – make a goal to memorize something each week (a stat, a poem or a song each week)
- 8) Read long stuff slowly – don’t just scroll through something, take the time to read each word carefully
- 9) Stay curious – when you learn something new, peel back the layers and try to find out a couple more things about it
- 10) Practice active listening – focus on what somebody else is saying and understand what they are saying. Ask relevant questions.
- 11) Perform concentration exercises – find brain exercises that work for you (crossword, sudoku, word search, etc)

WELLNESS WEDNESDAY

Read "How to train your brain to be more present"

https://www.fastcompany.com/90588454/how-to-train-your-brain-to-be-more-present?utm_source=GetShift-dot-net

THERAPUTIC THURSDAY

TEN STEPS TO MINDFULNESS MEDITATION



Create time & space.
Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction.



Set a timer.
Start with just 5 minutes and ease your way up to 15-40 minutes.



Find a comfortable sitting position.
Sit cross-legged on the floor, on the grass, or in a chair your feet flat on the ground.



Check your posture.
Sit up straight, hands in a comfortable position. Keep neck long, chin tilted slightly downward, tongue resting on roof of mouth. Relax shoulders. Close eyes or gaze downward 5-10 feet in front of you.



Take deep breaths.
Deep breathing helps settle the body and establish your presence in the space.



Direct attention to your breath.
Focus on a part of the body where the breath feels prominent: nostrils; back of throat; or diaphragm. Try not to switch focus.



Maintain attention to your breath.
As you inhale and exhale, focus on the breath. If attention wanders, return to the breath. Let go of thoughts, feelings or distractions.



Repeat steps 6-7.
For the duration of meditation session. The mind will wander. Simply acknowledge this and return to your breath.



Be kind to yourself.
Don't be upset if focus occasionally drifts or if you fall asleep. If very tired, meditate with eyes open and rearrange posture to more erect (but still relaxed) position.



Prepare for a soft landing.
When the timer goes off, keep eyes closed until you're ready to open them. Be thankful. Acknowledge your practice with gratitude.

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FITNESS FRIDAY

Do this morning yoga full body stretch

<https://www.youtube.com/watch?v=4pKly2JojMw>

WELLNESS WEDNESDAY

Here is another article that can help us be more present with others during this age of instant gratification, cell phones, and computers!

THERAPUTIC THURSDAY

Use this SMART Goals tracker to check in on your progress every once in a while. When you feel overwhelmed or feel like you aren't reaching your goals, take a minute to evaluate where you are and maybe hit the reset button if you need to!

Fitness Friday

Focus on your breathing and being mindful of each stretch and breath you take!