

BRAIN TIPS

THREE WAYS TO KEEP YOUR MIND CLEAR AND FOCUSED ALL DAY

001.



HYDRATE

THE BRAIN DEPENDS ON WATER TO FUNCTION

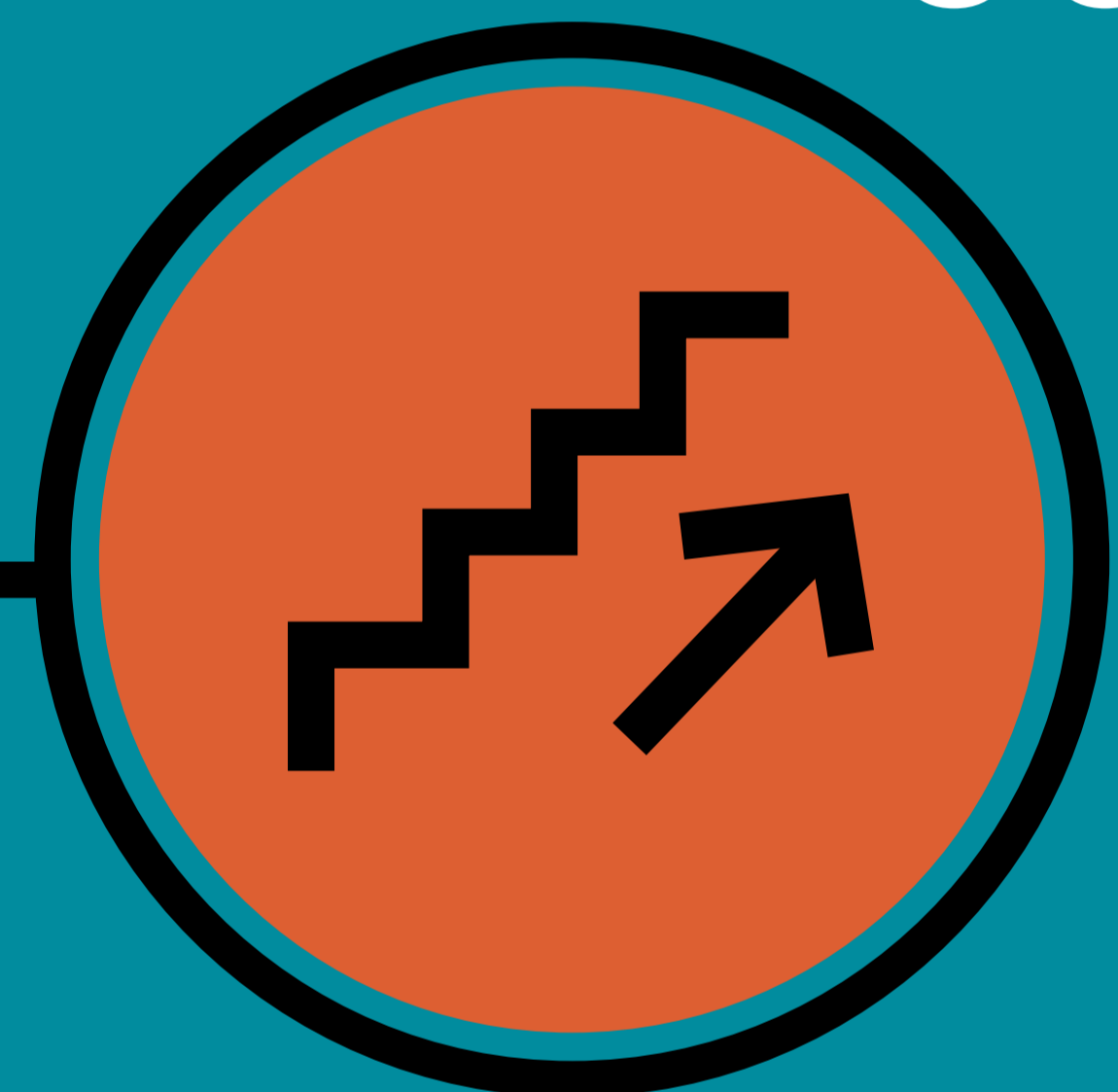
Water provides the electrical energy the brain needs to think. Fatigue is often simply an outcome of dehydration. **STUDY:** 1% dehydration causes a 5% decrease in cognitive function. Sip **WATER** throughout the day to stay alert, clear and focused. Avoid soda, which is loaded with sugar AND salt, both of which contribute to dehydration and fatigue.

002.

MOVE

SITTING IS THE NEW SMOKING

Small actions make a BIG difference. Stand. Stretch. Move. Every hour. Walk the hall. Take calls standing. Use the stairs instead of the elevator. Ten minutes of movement 3x/day = 30 minutes at once. Move to alleviate brain fog, improve problem solving, and reverse the metabolic dysfunction caused by sitting.



003.



BREATHE

BREATHING PROMOTES MENTAL CLARITY & FOCUS

Breathing oxygenates the blood to the brain increasing mental clarity and focus, and lowers stress by triggering the release of a cascade of chemicals that calm the mind and body. Inhale through the nose to a count of six or eight, hold for a few second and exhale slowly for the same count.



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