Is your mind getting flabby?

These days, we're not only eating things that are bad for our physical health, but we're also doing things that are making our minds flabby, rather than nurturing them. For example, the average person in the UK spends three and a half hours per day watching television! By feeding our mind like this, we can end up with a restricted view of the world. We can also lose sight of real life, feel bad about ourselves and forget to live our own lives. There are many things we could do to improve our mind diet, and make our lives more interesting, happy and wise in the process. This doesn't mean the end of TV watching or anything like that - as with food, what we're looking for is a good, balanced diet.

Put yourself on the 10-step mental diet on the other side of this sheet and watch the mental flab fall off as you gain a new outlook on life!

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for more ideas and information on how to get the most out of life

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Life

# The mind diet

A 10 step plan to feeding your head better

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by ignoring them? Try it! So why not just cut adverts out of your life about ourselves and our lives as a result.

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developed to advertise something. lookout for messages that could have been Make yourself ad-savvy - be on the when it's hidden in newspaper articles. , signess - for example, as it's often difficult to work out what is It's not always easy to ignore advertising

#### S. Watch less TV

these make you feel better than when you you are able to do in that time, and whether of weeks. Then see all the other things that and turning it to face the wall for a couple to go all the way, try unplugging your TV exercise - whatever you like. If you want do other things - read, speak to friends, time you would have spent watching TV to IV altogether – just watch less. Use the We're not saying you should stop watching

IVT pridotew arew

#### Zaib brin P. Have a balanced

music to philosophy. exploring new cultural ideas - from classical books, learning more about the world and horizons. These could include reading more things that could help you expand your But try to balance this out with some other IVT prinds and watching groups and watching reading to the series of the There's nothing necessarily wrong with

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life and understand the reality of the world Take some time to stand back from your

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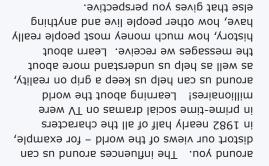
receive. of possible biases in any messages you the way it reported the story? Be aware paper have a political bias that could affect reading a story in a newspaper, does the particular bias – for example, when you're from and whether any of them could have a about where these messages are coming opinions and many other things. Think the form of emails, adverts, articles, and friends. These messages could take advertising, newspapers, TV, the internet messages from a range of sources, including Every day, we receive thousands of

2. Think critically

nake a judgement. by finding a source you can trust before you at the same story in other newspapers) or different perspectives (for example, looking messages from a few different sources with balanced view of the topic by exploring too biased, you may want to get a more too biased. If a particular message is or because you feel its view of a topic is because you don't feel the topic is important may decide to ignore a particular message your choice. Following the last point, you remember you don't have to accept it - it's whether you want to accept it or not. And When you receive a message, think about

### 3. Ignore advertising

by adverts, and for us to start feeling bad easy to get sucked into this way of thinking This is of course nonsense but it can be lots of money and buy loads of new things. look beautiful, live in huge houses, have telling us that we can only be happy if we We're surrounded by adverts and messages



#### SSNDSIG '8

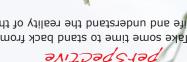
learn something from each other. us to think about these issues and possibly when they get the chance, and it encourages most people love talking about bigger issues awkward about introducing these topics and have a discussion about it. Don't feel meaning of life or what their values are, their opinions on big questions like the new topics into the conversation. Ask them When you're with friends, introduce some

#### 9. Kehlect

and relax - you'll feel refreshed afterwards! quietly, just clear your head of any thoughts somewhere quiet to sit. While you're sitting by meditating, while others simply find and clear your head. Some people do this and stress of daily life, and just sit quietly minutes every day - to escape from the rush Find some regular time – perhaps 10

#### וסי קאבגרויצב

to think better. more positive but also more alert and able It can not only make you feel happier and regular exercise can make to your thinking. minds. It's amazing how much difference physical health - it is also great for our Regular exercise is not only good for our





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