

ARE YOUR DAILY HABITS TOXIC TO YOUR BRAIN'S HEALTH?

HARMFUL

TIED TO TECHNOLOGY

MULTITASKING

INFORMATION OVERLOAD

CRUISING ON AUTOPILOT

HELPFUL

BRAIN DOWNTIME

SEQUENTIAL TASKING

PRIORITIZING

INNOVATION

THE PROBLEM: DEEP THOUGHT DEPRIVED

THE CULPRIT

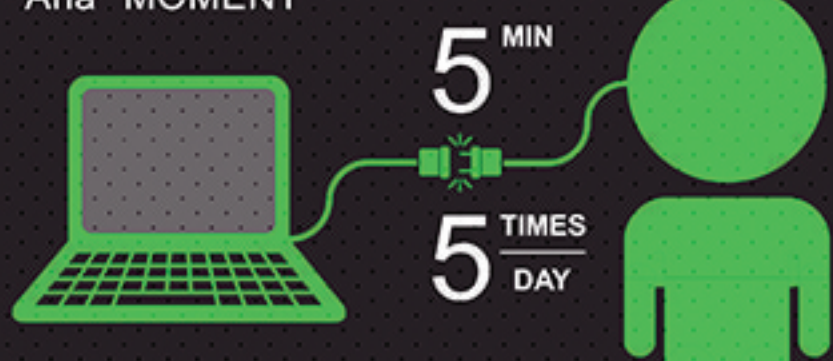


TIED TO TECHNOLOGY
+
CONSTANT MENTAL WORK
+
MULTI-MEDIA INPUT
=
ADHD-LIKE STATE

SOLUTION

BRAINPOWER OF NONE

STEP AWAY, UNPLUG AND DISENGAGE FOR 5 MINUTES, 5 TIMES A DAY TO SPARK YOUR NEXT "Aha" MOMENT



THE PROBLEM: FEELING UNPRODUCTIVE

THE CULPRIT

MULTITASKING

MULTITASKING CAUSES BRAIN FATIGUE AND MULTIPLIES THE TIME IT TAKES YOU TO FINISH A TASK BY 5



TIME TO COMPLETE ONE TASK

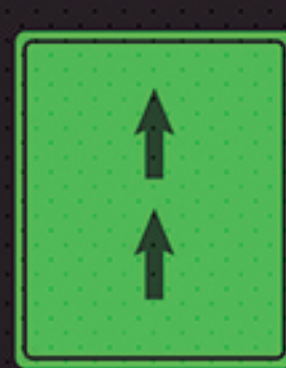


MULTITASKING

SOLUTION

BRAINPOWER OF ONE

SIMPLIFY FOR SANITY. REDUCE YOUR MULTITASKAHOLIC TENDENCIES. GIVE YOUR FULL ATTENTION TO THE TASK AT HAND. START WITH 15-MINUTE INTERVALS



SEQUENTIAL TASKING



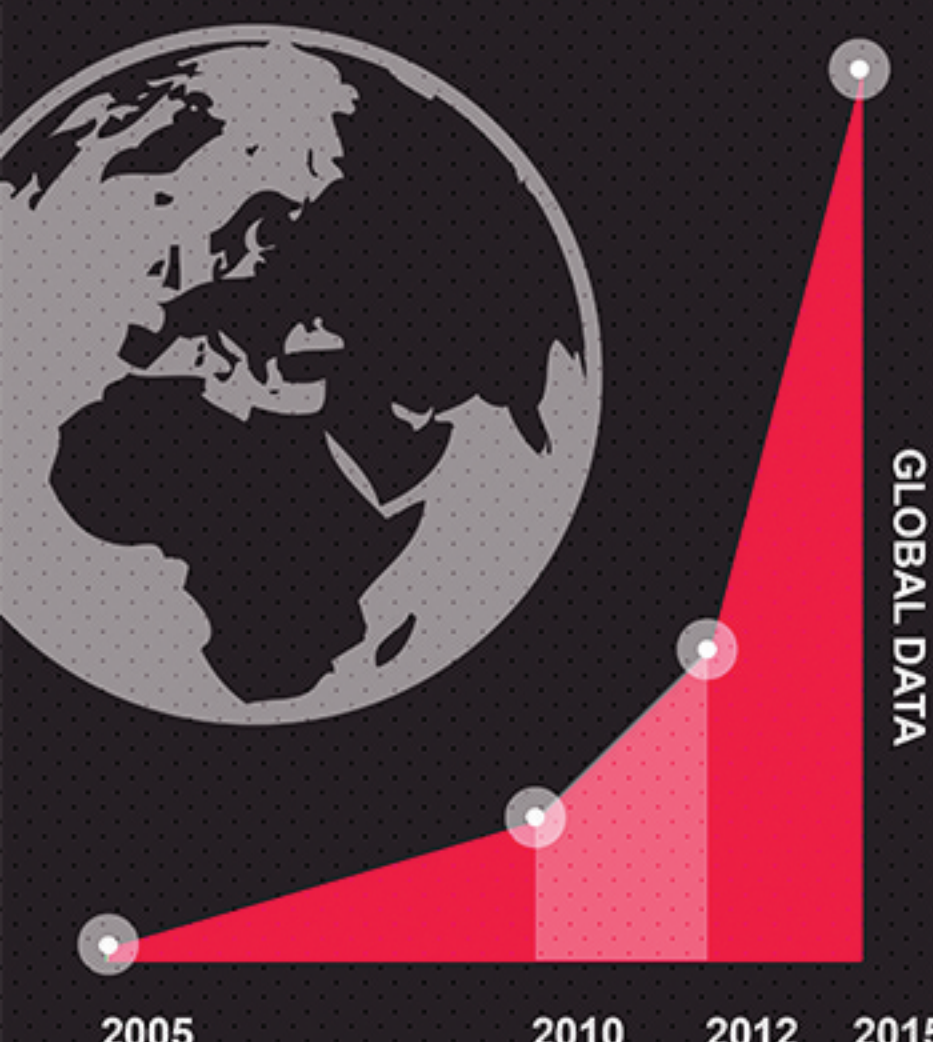
TIME TO COMPLETE ONE TASK

THE PROBLEM: OVERWHELMED

THE CULPRIT

INFORMATION OVERLOAD

WE ARE EXPOSED TO MORE INFORMATION THAN EVER BEFORE



SOLUTION

BRAINPOWER OF TWO

BOOST YOUR BLOCKER. IDENTIFY YOUR TWO MOST CRITICAL TO-DO'S EACH DAY AND ALLOCATE PRIME BRAIN TIME FOR THEM



THE PROBLEM: CRUISING ON AUTOPILOT

THE CULPRIT

WHEN THOUGHTS, CONVERSATIONS AND ACTIVITIES BECOME ROUTINE, OUR BRAIN GETS BORED AND GOES BACKWARD

WHAT'S UP?

SAME OLD, SAME OLD



SOLUTION

BRAINPOWER OF DEEP AND WIDE:

START THINKING LIKE A REPORTER, AND SYNthesize IDEAS IN NEW WAYS



AFTER ENJOYING A MOVIE, BOOK OR NEWS ARTICLE THINK DEEPLY, AND FORMULATE SUCCINCT TAKE-AWAY MESSAGES

For more information on how to better your brain's health, visit www.centerforbrainhealth.org

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