

# BRAIN SPACE TIPS

## Nurture + Habitual Roots Workshop

### Sleep Hygiene

Sleep is immensely important for the brain. Here are 4 sleep habits to practice:

- Pay attention to your sleep throughout the day: de-stress with mindful check-ins throughout your day to keep the nervous system from kicking into hyperdrive
- Set a sleep schedule and have a routine: set a regular bed time, wake time, and develop a ritual around sleep
- Drinking alcohol - it messes with sleep (moderation is good!)
- Insomnia tips: try a guided meditation/relaxation exercise, progressive muscle relaxation or yoganidra, or breathing exercises such as breath counting

### Cognitive Wellness

Here are some Brain Space tips to help with managing distractions and paying attention:

- To manage external distractions, it's important to protect your work space, eliminate distractions as much as possible, make requests of others around you and bargain for quiet time if you need it.
- For internal distractions, notice and don't judge. When your mind wanders, gently escort it back to the task at hand.
- Borrowed from author Lidia Zylowska: Your attention skills are like a flashlight. You need to turn on the flashlight, which is like becoming alert to something that is important to you. Next you need to point the flashlight, or orient your attention to what you want to see. Finally you need to keep the flashlight shining on one object even if something else is happening in the room. This is sustaining your attention. Much like a flashlight, when you take these 3 steps, alerting, orienting, and sustaining, the object of your attention will be illuminated and clear. Notice what's going on with your attention. Once you become aware of your attention style, you can make choices to support and pay attention so you can be your best!

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### What is Brain Space?

Brain Space helps people focus on their health and wellness “from the neck up”. Similarly to using preventive strategies to take care of your eyes, your teeth, your skin, we now know from science and research that there are things that we can be doing to help keep our brain healthy. This supports the aging process and longevity, improves efficiency and success in cognition or thinking skills, and promotes emotional health as well. Brain Space pillars are designed to help people be intentional about taking care of the brain including lifestyle habits such as sleep hygiene, stress reduction, strategies to optimize cognition, along with diet and exercise.

### Meet Dr. Jennifer Medina

Dr. Jennifer Medina is a neuropsychologist with a doctorate degree in clinical psychology. Jennifer is a clinical diagnostician and uses her knowledge of brain-behavior relationships and assessment techniques to help people characterize their cognitive abilities. She is passionate about helping individuals understand their unique profile and educates them about how to function at their cognitive best. Jennifer uses information from scientific research and mindfulness to help individuals stay clear and calm in their everyday lives.



### Schedule a Consultation

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