



FOR PEACE+EDUCATION

Exercise Your Pre-frontal Cortex

- Be curious - collect info before making conclusions
- Choose an activity with rhythmic hand movement - knit, paint, colour
- Create a positive future story - apply optimism
- Create a sleep routine. Choose to end your day with a pleasant activity that creates closure - sleep routine
- Deny the drama - avoid getting caught up in gossip and office politics
- Drink water
- Engage in nature
- Exercise your body
- Exercise your mind: math, problems, crosswords, luminosity
- Keep a gratitude journal
- Listen to music that is between 30-60 beats per minute (to increase focus and attention)
- Meditate
- Notice pleasant things
- Offer and receive physical contact – hugs!
- Play and laugh
- Practice deep breathing
- Rock in a rocking chair
- Separate yourself from your roles eg. have a shower after work or change clothes
- Shower or dress in the dark to focus on sense of touch and sound
- Slow your pace (movement and speech)
- Stimulate/challenge yourself: find something that interest and engages you
- Use aromatherapy. Pleasant scents such as baked bread increases concentration.
- Volunteer

Adapted from presentations at the 2008 [UBC Brain Development and Learning Conference](#)

PO Box 3662 Station Terminal, Vancouver, BC, Canada, V6B 3Y8
T: 604 215 2352 F: 1 866 887 9919
info@dalailamacentre.org

dalailamacentre.org

Charitable Registration # 82460-2676-RR0001

Educating the Heart