



Zone

THE ZONE AND THE FLOW

You may have had the experience of being in the "flow" or the "zone" during peak performance. When you are in this state, your brain is working at an optimal level. Being in the "zone" can enhance learning and lead to peak performance in music, athletics, art, writing, and many other activities.

List all the things that you love to do that put you in the "zone." Whenever you are feeling stressed, read your list and remember that feeling.

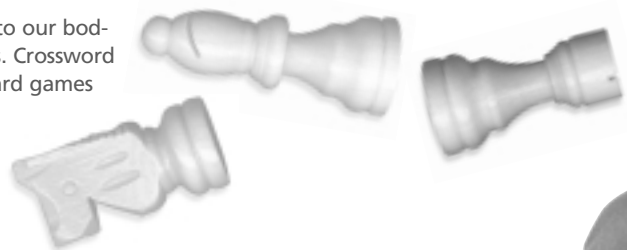
FULL OR STILL HUNGRY?

When you've eaten a meal but still feel hungry, try waiting 10 minutes before eating anything else. By that time, the raving mechanism in your brain may have calmed down, and you won't be feeling hungry anymore.



"IF YOU DON'T USE IT, YOU'LL LOSE IT"

This quote is often used to refer to our bodies, but it's also true of our brains. Crossword puzzles, word scrambles, and board games are all good mental exercises.



KEEP UP THE BEAT

Drumming, an activity involving movements that cross the mid-line of the body, can improve mood and enhance brain growth and development. Just listening to drumbeats can be both calming and energizing. Group drumming can be especially revitalizing.



We might have heard someone say, "I'm so (angry, stressed, worried), I can't see straight!" This can really happen to our vision. Our peripheral vision helps us see danger that might be on either side of us. When the nervous system interprets a stressful situation as an emergency, the body may use peripheral vision to protect us from perceived danger. Thus, we are literally "not seeing straight." Try performing some of the movements that cross the mid-line of the body whenever you "can't see straight."

CAN'T SEE STRAIGHT?
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I'm your brain. Since I'm 90% fluid, I need you to drink lots of pure, plain water. Divide your weight into thirds—that's the minimum number of ounces that I need per day. Carry a plastic water bottle with you and take sips throughout the day. Please don't let me dehydrate—it gives me a headache!