

Polio Health and Wellness Retreat (*Body, Mind, Spirit*) - Queensland 2012

The Healthy Mind

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Some References:

The Brain That Changes Itself

Norman Doidge, MD - Published by Scribe (available as book or DVD)

The Post Polio Experience-Psychological Insights and Coping Strategies for Polio Survivors and their Families

Margaret E Backman, PhD - iUniverse Publishing

Psychologist Early Memories of Having Polio - Survivors' Memories versus the Official Myths

Mary T Westbrook, PhD (*I can email you this paper*)

An Antidote to Post Polio Stress: Pleasure-seeking

Post Polio Health Vol. 16, No. 2, Spring 2000 - <http://www.post-polio.org/edu/pphnews/pph16-2.html#ant>

Travelling Without a Spare-A Survivor's Guide to Navigating the Post Polio Journey

Wenzel A Leff, MD - WAL publishing, USA

Psychological Aspects of Polio Survivors through their Life Experience

Pr. Alain Yelnik, MD - Paper presented at the European Union Post Polio Conference, Copenhagen, 2011

<http://www.poliocconference.com/> (Link to the conference where video or PowerPoint slides can be seen)

The Healthy Mind Platter

This platter has *seven essential mental activities* necessary for optimum mental health in daily life. These seven daily activities make up the full set of 'mental nutrients' that your brain needs to function at it's best. By engaging every day in each of these servings, you enable your brain to coordinate and balance its activities, which strengthens your brain's internal connections and your connections with other people.

1. **Focus Time:** *When we closely focus on tasks in a goal-oriented way, taking on challenges that make deep connections in the brain.*
2. **Play Time:** *When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, which helps make new connections in the brain.*
3. **Connecting Time:** *When we connect with other people, ideally in person, or take time to appreciate our connection to the natural world around us, richly activating the brain's relational circuitry.*
4. **Physical Time:** *When we move our bodies, aerobically if medically possible, which strengthens the brain in many ways.*
5. **Time In:** *When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, helping to better integrate the brain.*
6. **Down Time:** *When we are non-focused, without any specific goal, and let our mind wander or simply relax, which helps our brain recharge.*
7. **Sleep Time:** *When we give the brain the rest it needs to consolidate learning and recover from the experiences of the day.*

(Dr David Rock, executive director of the [NeuroLeadership Institute](#) and Dr Daniel Siegel, executive director of the [Mindsight Institute](#) and clinical professor at the UCLA School of Medicine)