

FOODS TO POWER YOUR BRAIN

- Berries: High in fiber and rich in antioxidants, good to have as snack or to add to smoothies
- Avocado: Source of healthy fat (more energy for your day!), high source of fiber and vitamins E, C and B complex, great to use as a dip or spread
- Chia Seeds: higher content of calcium, magnesium and potassium than milk, helps to improve immune system, can be added in beverages, puddings, trail mix, and muffins.
- Chickpeas: high source of protein and fiber, great to add in salads or have as a spread
- Others include: peanuts and walnuts



MORE TIPS



Avoid skipping breakfast: this is associated with decreased cognitive performance, including memory, processing visual displays, problem-solving, alertness, and attention. No-fuss breakfasts you can make at home include: yogurt parfait, sunny-side-up egg, homemade smoothie, etc



Have a list of recipes readily available that can be easily prepared. Check out some of these easy and quick sheet pan meal recipes online: garlic butter shrimp, chicken shawarma sheet pan, chicken fajitas, and teriyaki tofu and broccoli.



MEET MICHELLE

Michelle is the Education Embedded Counsellor. Michelle offers short-term, solution-focused counselling, and can help you navigate the full range of services to meet your mental health and wellbeing needs.

CONTACT MICHELLE

✉ EDCOUNSELLOR.BOOKING@UBC.CA



THE UNIVERSITY OF BRITISH COLUMBIA

Faculty of Education



FEELING STRESSED?

STRATEGIES TO BOOST BRAIN PERFORMANCE

SIMPLE WAYS TO EXERCISE

MUSCLE RELAXATION



Slowly breath in through your nose and out through your mouth. Breathe in and make a fist, squeezing your hands tightly. Hold this for seconds, then slowly release the tension as you breathe out. You can do this with your various body parts including feet and neck.

SHORT "AWE WALK" IN NATURE



Take a stroll while intentionally focusing on the wonder of nature and shifting your attention outward instead of inward.

EXERCISE BURST AT HOME



Short bursts of vigorous movement followed by brief periods of rest. Some examples include jumping jacks, desk pushups, and reverse squats.



PLACES FOR AN "AWE WALK" NEAR NEVILLE SCARFE BUILDING

NITOBE GARDEN
(8 MIN AWAY)



ROSE GARDEN
(12 MIN AWAY)



OUTDOOR TOTEMS AT THE MUSEUM OF ANTHROPOLOGY (11 MIN AWAY)

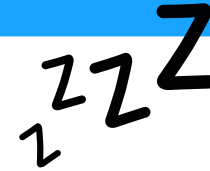


WRECK BEACH TRAIL
(7 MIN AWAY)



SLEEP TIPS

Sleep plays an important role in memory, both before and after learning a new task. Lack of adequate sleep affects mood, motivation, judgment, and our perception of events. (Division of Sleep Medicine at Harvard Medical School)



DURING THE DAY

Stay active. Try a good workout after school or work, but avoid exercising close to your bedtime. Be outdoors for part of the day. Avoid taking long naps or naps too close to bedtime.

BEFORE BED

Avoid or limit caffeine, tobacco, cannabis, and alcohol before bedtime. Stop using all technology and screens at least 30 minutes before bedtime. Unwind before bed (deep breathing, meditation, reading, etc.). Write down your thoughts.

IN YOUR SLEEPING SPACE

Keep your bed a sleep sanctuary. Avoid studying on your bed. Keep your bedroom quiet, dark, and well-ventilated. Turn off your phone and use an alarm clock instead to wake you up in the morning. Share your sleep habits with your roommates.

