

# ARE YOUR DAILY HABITS TOXIC TO YOUR BRAIN'S HEALTH?

## HARMFUL

TIED TO TECHNOLOGY

MULTITASKING

INFORMATION OVERLOAD

CRUISING ON AUTOPILOT

## HELPFUL

BRAIN DOWNTIME

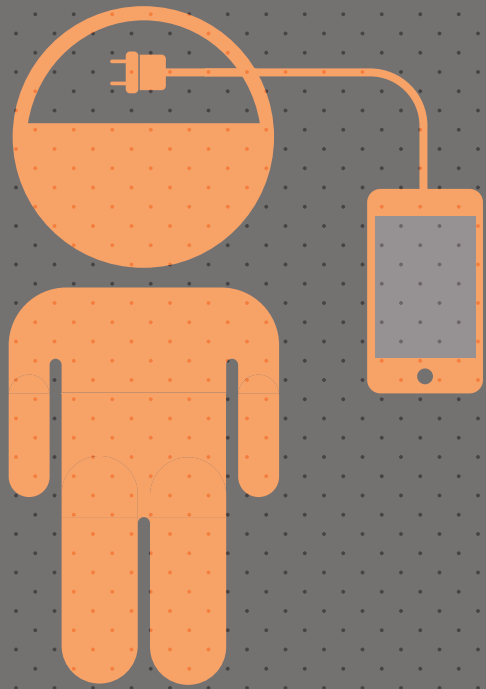
SEQUENTIAL TASKING

PRIORITIZING

INNOVATION

### THE PROBLEM: DEEP THOUGHT DEPRIVED

#### THE CULPRIT

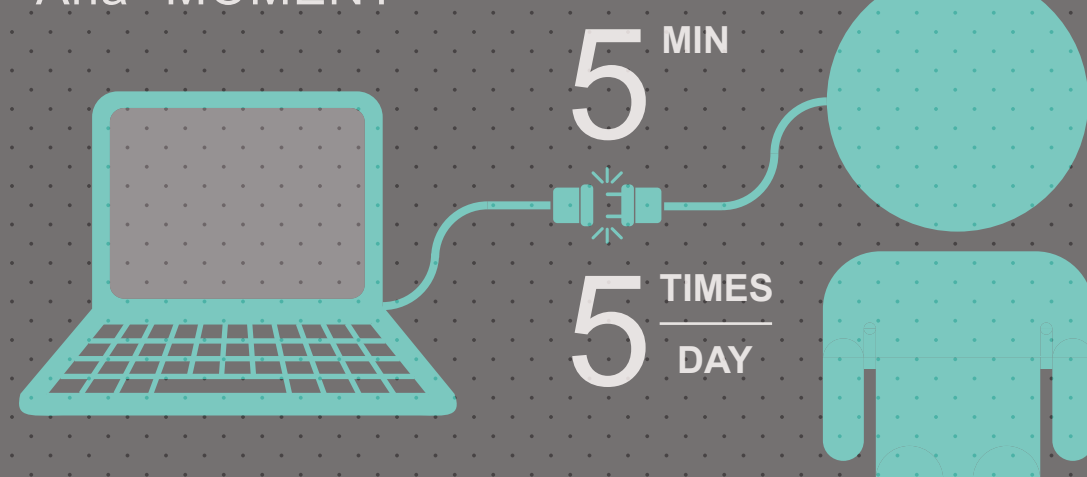


TIED TO TECHNOLOGY  
+  
CONSTANT MENTAL WORK  
+  
MULTI-MEDIA INPUT  
=  
ADHD-LIKE STATE

#### SOLUTION

##### BRAINPOWER OF NONE

STEP AWAY, UNPLUG AND DISENGAGE FOR 5 MINUTES, 5 TIMES A DAY TO SPARK YOUR NEXT "Aha" MOMENT



### THE PROBLEM: FEELING UNPRODUCTIVE

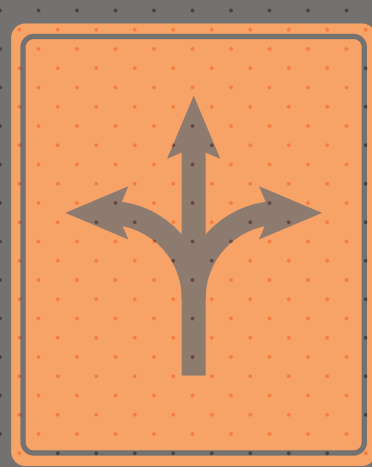
#### THE CULPRIT

##### MULTITASKING

MULTITASKING CAUSES BRAIN FATIGUE AND MULTIPLIES THE TIME IT TAKES YOU TO FINISH A TASK BY 5



TIME TO COMPLETE ONE TASK

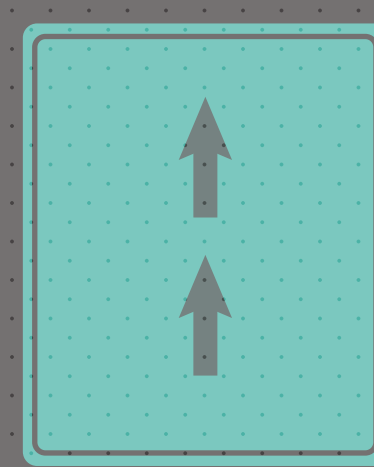


MULTITASKING

#### SOLUTION

##### BRAINPOWER OF ONE

SIMPLIFY FOR SANITY. REDUCE YOUR MULTITASKAHOLIC TENDENCIES. GIVE YOUR FULL ATTENTION TO THE TASK AT HAND. START WITH 15-MINUTE INTERVALS



SEQUENTIAL TASKING



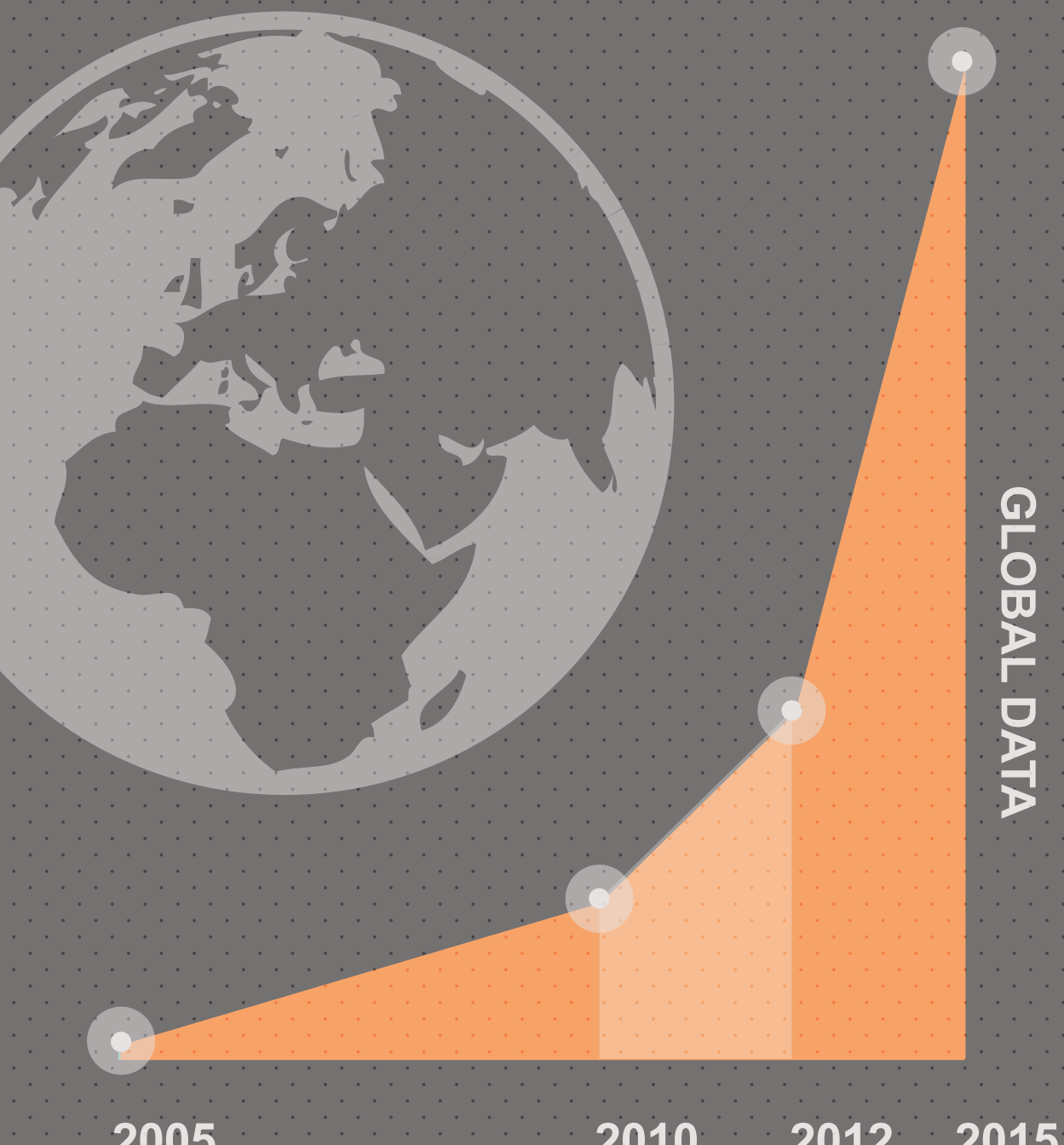
TIME TO COMPLETE ONE TASK

### THE PROBLEM: OVERWHELMED

#### THE CULPRIT

##### INFORMATION OVERLOAD

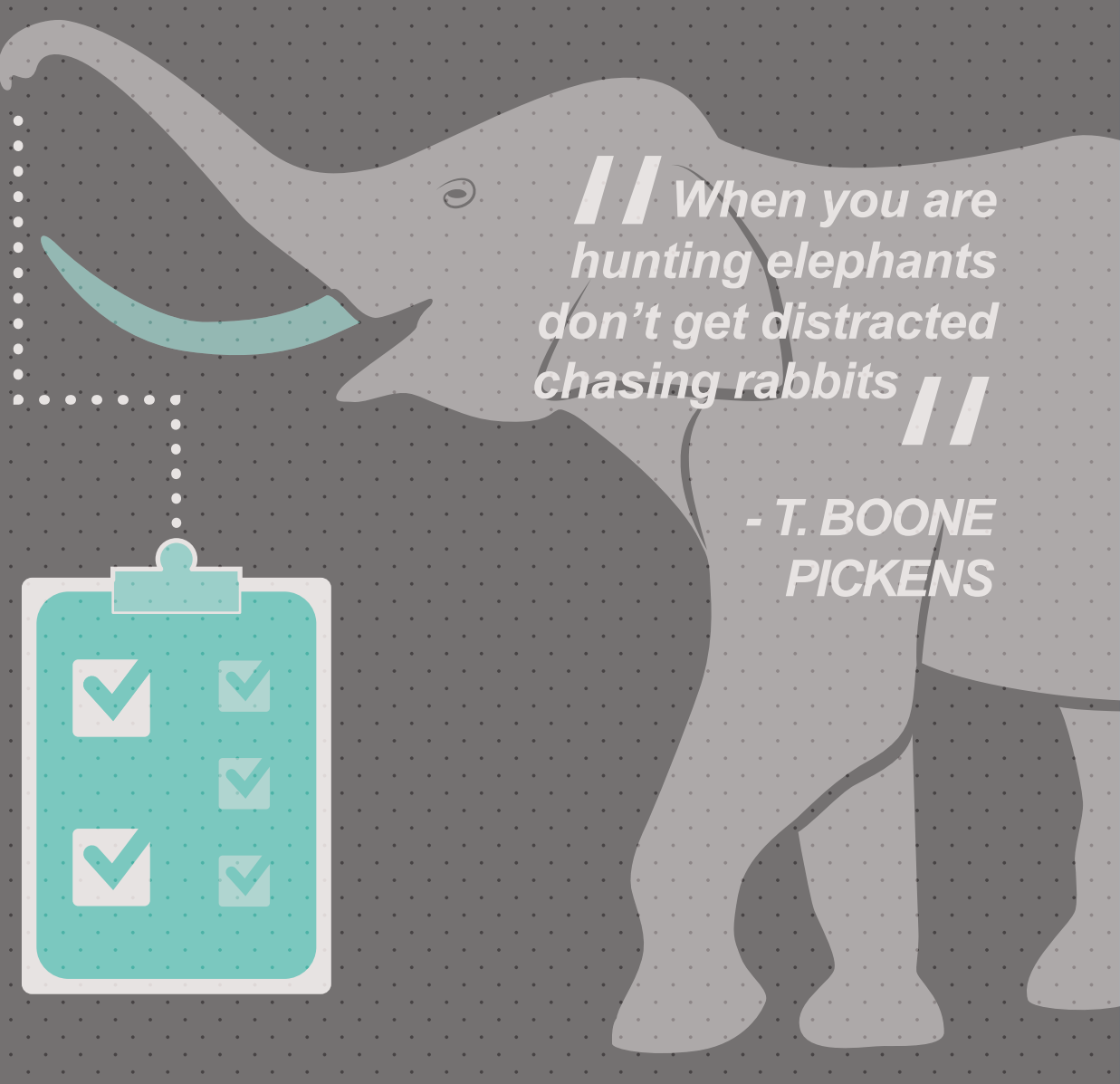
WE ARE EXPOSED TO MORE INFORMATION THAN EVER BEFORE



#### SOLUTION

##### BRAINPOWER OF TWO

BOOST YOUR BLOCKER. IDENTIFY YOUR TWO MOST CRITICAL TO-DO'S EACH DAY AND ALLOCATE PRIME BRAIN TIME FOR THEM



### THE PROBLEM: CRUISING ON AUTOPILOT

#### THE CULPRIT

WHEN THOUGHTS, CONVERSATIONS AND ACTIVITIES BECOME ROUTINE, OUR BRAIN GETS BORED AND GOES BACKWARD

WHAT'S UP?

SAME OLD, SAME OLD



#### SOLUTION

##### BRAINPOWER OF DEEP AND WIDE:

START THINKING LIKE A REPORTER, AND SYNTHESIZE IDEAS IN NEW WAYS



AFTER ENJOYING A MOVIE, BOOK OR NEWS ARTICLE THINK DEEPLY, AND FORMULATE SUCCINCT TAKE-AWAY MESSAGES

For more information on how to better your brain's health, visit [www.centerforbrainhealth.org](http://www.centerforbrainhealth.org)

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