



Chapter Four Cognitive Health

Media Exercise

For the next 3 days beginning upon waking and continuing until bedtime, you will abstain from referencing the following:

24-hour news

Social media

Slack channels

Any other news source you usually refer

Add your own:

Add your own:

When you get the urge to look at your phone, the TV, or a computer to reference any of the above, take 10 deep breaths. Observe the in and out of your breath. You can close your eyes, but if you are in public, it does not have to be obvious. Repeat this process for the entire 3 days. Try not to judge yourself for the number of times you repeat it, just observe the feeling that you get.

1. What does the feeling of looking at your phone (or computer or TV) feel like? (Some describe it as an itch, twitch, or just an impulse)





After 3 days, resume normal activity with a renewed sense of control and a new perspective.

Revisit this exercise as necessary.

Technology Boundary Exercise

Here is where you will set goals with when you can begin and end receiving messages that need answering on a daily basis. Think of the absolute most critical time of day that you may be needed. Make a caveat if you are ever on call or on vacation, for example.

1. What time must you begin receiving and answering work-/school-related messages:

During the weekday:

During the weekend:

2. What time can you stop receiving work-/school-related messages in the evening:

During the weekday:





During the weekend:

3. What time of day can you turn off your phone from personal messages:

During the weekday:

During the weekend:

If you are on call, can you silence emails and take just calls?

4. Can you set a "do not disturb" for everyone but a child or parent on your phone at night?



Reflection

How would you rate your current cognitive health?

If you haven't given much thought to cognitive health, can you commit to doing so now? Why or why not?

How will bringing cognitive health into your wellness strategy assist you?

What are three things that you regularly do for your cognitive health?

a)

b)

c)



Impact Work

Keep thoughts aligned with your goals and outlook. Start with a pen and paper and complete this exercise. Focus on your most pressing goal today, and you can repeat it with future goals.

1. What thoughts do I need to achieve my goal?

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2.. What thoughts do I currently have surrounding my goal?

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3. List which thoughts from above are productive

and which are counterproductive:

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For those productive, use this thought as a mantra. Repeat often and believe this thought.



5. For those counterproductive, determine why it is counterproductive. List a productive replacement thought for the counterproductive thought.

Thought	Reason it is counterproductive

Thought	Replacement thought

Resist the urge to beat yourself up when you think this counterproductive thought. Acknowledge that it occurred from a place of neutrality. ("I am thinking a counterproductive thought") and move on from it.

