

SKILL BUILDING NO. 19

Train Your Brain



2-5 minutes



repeat these items often

Use movement to help you focus - brief bursts of exercise improve energy, focus and stamina, adding fuel to your fire.

Physical activity immediately boosts your brain's dopamine, serotonin, and norepinephrine levels (you can look those words up in the glossary at the back of this planner). All of these create the same positive effects as medications that treat ADHD — increasing the ability to focus and pay attention for longer, remembering details, and feeling sharp and engaged.

2-5 minutes of simple exercises will immediately help. Consider walking halls, running in place, jumping jacks, stretching, standing, reaching up, and bending over. Even hugging yourself by wrapping your arms around your body will stimulate your brain to wake up and get back on task.



1. Pay attention to your low-energy times of day - do you have important responsibilities or classes at that time? Feel sleepy? Feel distracted? Feel bored? **Try 2-5 minutes of movement, and your brain will turn on again.**