

# Brain-Friendly Habits Checklist

Support Your Focus, Memory, and Clarity



## Morning Anchors

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- Start your day with water, not a device.  
Hydration before screen time supports mental clarity.
- Do a posture check mid-morning.  
Resetting posture improves blood flow and alertness.
- Take 3 deep breaths before your first meeting.  
Even short pauses help calm your nervous system.



## Midday Micro Habits

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- Stand or stretch every 60 minutes.  
Keep circulation flowing and prevent stagnation.
- Go outside for 2 minutes during lunch or a break.  
Nature exposure boosts alertness and mood.
- Listen to instrumental music while working.  
Sound can help support your focus.
- Try a “single-task only” half hour.  
Fewer distractions lead to better brain performance.



## Rest and Recharge

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- Read one printed article instead of a screen.  
A break for your eyes and your attention span.
- Schedule 5 minutes of screen-free quiet time.  
Give your mind time to restore and recover.

Small brain-friendly choices add up.  
Protect your focus one habit at a time.

swivel