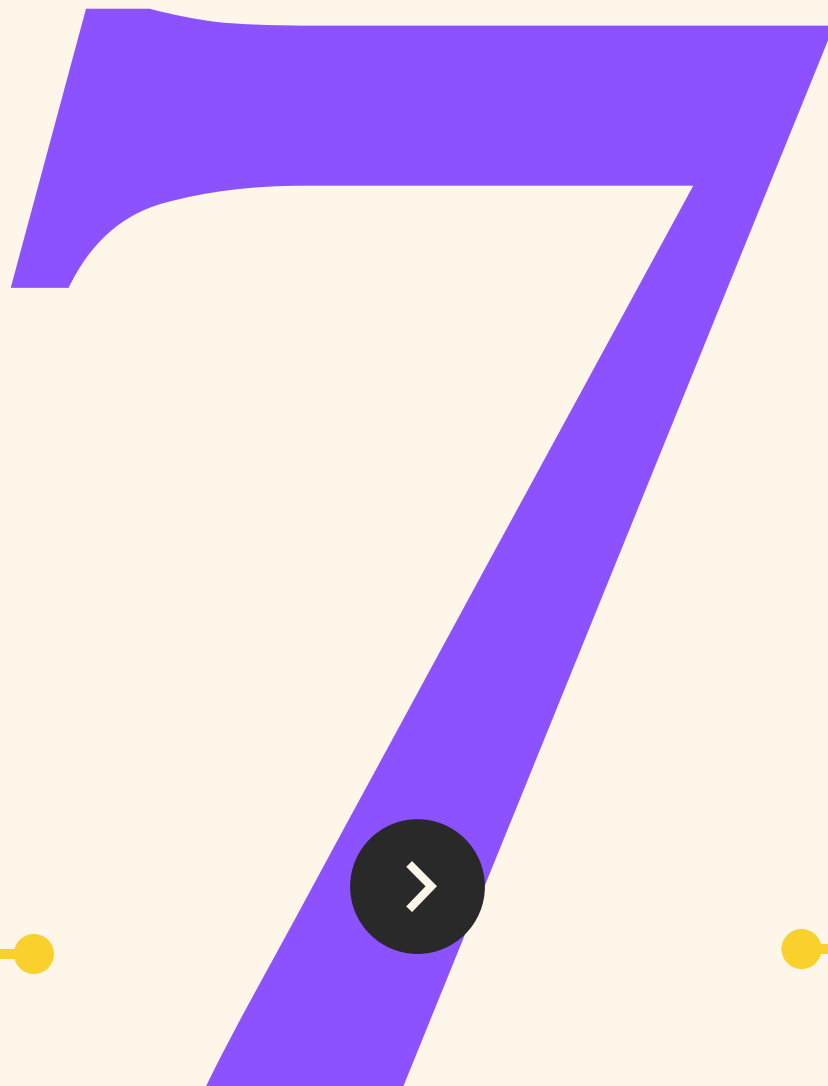


Proven methods to digitally *detox* your brain





BRAIN DETOX

In her renowned book "Smart Moves," Dr. Carla Hannaford emphasizes the importance of our bodies in the learning process, stating that learning is not limited to the brain alone. Neurons are moving and working all throughout the body! **So what does that mean for our kids?**

Exploring the very postures of screen time - sitting, scrolling, consuming, gazing - can become the **#1 antidote to engaging a solution**. Moving our bodies in strategic ways is, surprisingly, one of the **first lines of defense when embarking on a digital detox**. Educators have found Dr. Hannaford's techniques beneficial in enhancing concentration and focus in classrooms worldwide, and here, **we've put them all into play at home.**



01.

Drink water.

Before beginning your brain detox, hydrate. Dehydration negatively impacts concentration, so sipping water throughout the day will boost learning and focus as you begin to rewire your family's brain patterns.



02.

The Brain Buttons.

Brain buttons are a movement designed to stimulate blood flow and activate the Reticular Activating System (RAS), which helps the brain stay alert and engaged in a task. This exercise can be especially helpful for anyone feeling sluggish or fidgeting immediately after engaging in screen time.

Here's how:

Stand tall. Place one hand firmly over your belly button, and with the other hand, use your thumb and index finger to grip the pressure point under your collarbone. Hold this position for a minimum of 30 seconds. Repeat on each side of the collarbone, pulsing if preferred, until you feel re-energized.

03.

The Cross Crawl.

This exercise improves coordination between the right and left hemispheres of the brain, helping to re-integrate and soothe the mind from an agitated state.

Here's how:

Stand tall in place. Mimic a marching movement by crossing your right hand to your left knee and then your left hand to your right knee. Repeat this movement for 2 minutes.

04.

The Hook Ups.

“Hook ups” are helpful for calming nerves, enhancing focus, and boosting concentration. As you begin to detox your brain from excessive screen time, this exercise is recommended for realigning your mood and elevating your well-being. Here’s how:

Stand tall in place. Cross your right leg over the left at the ankles. Cross your right wrist over the left, interlocking the fingers and resting them on the sternum. (This position is similar to the yoga pose Garudasana or Eagle). Stay in this position and breathe evenly for a few minutes as you calm and reset your nervous system.

05.

The Lazy 8s.

“Lazy 8s” can calm and reset ocular motor function, which is often negatively affected by excessive screen time. In addition, the exercise promotes mid-line integration, which improves interaction and communication between the two hemispheres of the brain. Here’s how:

Clasp your hands together and draw figure eights or infinity signs in the air, alternating directions. If preferred, you may practice this method by drawing figure 8s on paper as well!

06.

The Thinking Caps.

“Thinking caps” are a quick and simple shortcut for firing up the brain and can be incorporated into your morning routine to boost cognitive function.

Here’s how:

Place your fingers over the lobes of your ears and massage them several times, “unrolling” each side to rejuvenate and awaken the mind.

07.

The Energy Yawn.

If your family encounters boredom throughout the process of reducing screen time, incorporating periodic “Energy yawns” can assist in regulating the brain’s temperature by improving blood circulation.

Here’s how:

Perform a gentle massage around the temporomandibular joint (TMJ) while yawning to release tension and improve focus.



As your family engages in a new rhythm beyond screens, **these movements will not only help integrate both hemispheres of your brain as you rebuild new patterns**, but will also exercise the frontal lobes where executive reasoning takes place and where high-level emotions reside: love, altruism, empathy, compassion, and more.

In short? As your household begins to opt-out and disengage from technology, the ultimate surprise is in store: a more patient, calm, present version of family awaits you on the other side.

Opt out.
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