



Just like our body needs a workout, our brain needs a workout too - otherwise it gets flabby. Keeping our brain active not only helps keeps it healthy but it can also reduce the risk of developing dementia.

So it's important that we keep it active and challenged. The Hungarian psychologist Mihaly Csikszentmihalyi has spent his life studying this. He came to the conclusion that *'the best moments in our lives are not the passive, receptive, relaxing times — although such experiences can also be enjoyable, if we have worked hard to attain them. The best moments usually occur when a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.'* Csikszentmihalyi calls these moments 'Flow'.



Want to know more about Flow? Watch this [YouTube clip](#)

### Boost Your Brain Health



So how do we find more Flow in our lives, fight boredom and aim towards those best moments? If you watched the video you'll know that wasting hours glued to social media or the TV is a recipe for boredom – and a flabby brain. There's only so many times you can see the same cat meme in your feed! So how do you find the right activity for you - one that is both challenging *and* interesting?

Try using your character strengths. We all have these 24 character strengths, but some will be more pronounced than others. Surprisingly though, many of us struggle to name our character strengths let alone use them to our advantage regularly. When we use our strengths, in our work life, home life or in relationships, we tend to be more successful and happier.





### Your challenge! Give your mind a workout

Take this free character strengths [survey](#), identify your top five strengths and try using one or more of them in new ways, every day for the next week. See if you can find your FLOW! You can download a guide to using your strengths at home [here](#). Or try one of these activities:

1. Cook a new recipe
2. Sign up for a on-line course
3. Rediscover an old interest
4. Your choice

### Want to learn more? Check out these websites



#### [Coursera](#)

Build skills, achieve goals, get career ready! Great free online courses to learn something new, upskill or transition into a new field.



#### [Smiling Mind](#)

Smiling Mind: Thrive Inside is a special initiative to help you stay calm and healthy in the physical constraints of your home, while remaining calm and healthy inside your mind.



#### [Open Culture](#)

Learn everything you've ever wanted to – history, Latin, literature! There's FREE online courses, audio books, eBooks, movies, colouring books...



#### [Wild Classroom](#)

The WWF connects educators and parents with the tools and resources they need to help kids explore and understand the world around them.

