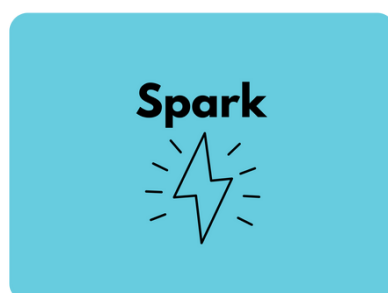




# THE weekend reset challenge

## WEEK 6

7 weekend practices to start your week calm, connected, and confident!



Have you ever thought about how diving into new knowledge and unleashing your creativity can boost your overall health and well-being? Studies have shown that learning new skills and knowledge promotes neuroplasticity, enhancing cognitive function and potentially reducing the risk of cognitive decline as we age. Creativity has been linked to reduced stress levels, improved mood, and increased resilience in the face of life's challenges. Embracing lifelong learning and creativity nurtures adaptability, enabling us to flourish in the diverse environments of our fast-paced world. So, dive into something that stretches your learning or engages your creativity - big or small!



### WHAT MIGHT HOLD YOU BACK

- comfort zones
- time constraints
- fear of failure
- overwhelm



### RESEARCH CONNECTIONS

[What is the evidence on the role of the arts in improving health and well-being?](#)

[Everyday creative activity as a path to flourishing](#)

[Being creative makes you happier: The positive effect of creativity on subjective well-being](#)

[Growth mindsets and psychological distress: A meta-analysis](#)

[Aging and Alzheimer's disease: Lessons from the Nun Study](#)



### FOR FURTHER EXPLORATION

[Out of Our Minds: The Power of Being Creative](#)

[TED Talk: The Lifelong Learner](#)

[Conscious Creativity: Look, Connect, Create](#)

[The Nun Study and the Impact of Learning on the Aging Brain](#)

[The Joys of Compounding: The Passionate Pursuit of Lifelong Learning](#)

**“Studies have shown that learning new skills and knowledge promotes neuroplasticity, enhancing cognitive function and potentially reducing the risk of cognitive decline as we age.”**

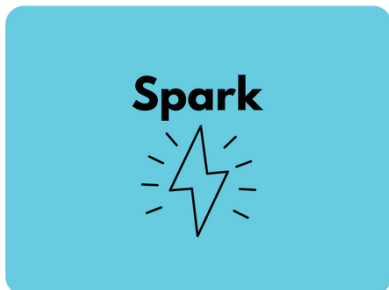
**-Dr. Joni Turville**



# THE weekend reset challenge

## WEEK 6

7 weekend practices to start your week calm, connected, and confident!



### ➤ This Weekend's To-Do ➤

Over the weekend, incorporate the first 6 practices. Customize and combine strategies. Connect, get outdoors, move plan ahead, practice appreciation and spark learning or creativity!

### Less Time and Planning

- doodle
- work along with a short drawing video
- read/collect quotes
- watch a short video on a topic of interest
- try a creativity app
- make a list of things you'd like to learn
- watch or listen to a TED talk
- learn a random fact
- use an app to practice vocabulary
- plan an online word game
- try a puzzle app
- listen to a podcast
- brainstorm
- play online logic games
- write a poem
- tell a story
- create found object art
- brainstorm
- learn a new word
- read a short article
- take a new route to work
- take photos
- learn a word in a new language

### More Time and Planning

- take a cooking class
- teach a skill or idea to someone else
- visit a museum
- join a club
- sketch or draw
- learn or practice a language
- learn a new skill
- do a DIY project
- take an online course
- have a debate
- try a simulation
- play a strategy game
- use creative journal prompts
- watch or read a documentary
- learn to knit or crochet
- create a new recipe
- do a solo trip or retreat
- create a vision board
- socialize
- learn a language
- learn about a historical event
- learn a new instrument
- travel

### TRACK

Download The Weekend Reset Challenge Tracker to record this weekend's activities: **Connect-Outdoors-Move-Plan-Appreciation-Spark!**



### REFLECT

Download The Weekend Reset Journal to reflect on how the weekend went and how you feel about the upcoming week

