



The MindReset

UPLIFTING NEWS

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Preserve intellectual well-being and conserve mental energy

January 7th, 2019- The MindReset Digital Support Group

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The main topic discussed in this month's support group was intellectual well-being. Attendees expressed some of their own personal strategies to maintain wellness in this domain. Some members conveyed information about health conditions that made it more difficult at times, but determination still led to identifying ways to help increase their health.

One member noted how when they are feeling cognitively drained or low on mental energy, they actively try to engage in physical activity and vice versa, when physically drained they work to engage in cognitive activities. She described her strategy as envisioning energy buckets. When one bucket of energy starts to deplete, she would go into another bucket to give the first bucket an opportunity to relax and replenish.

Another member told the group about how they learned a strategy from a book about how to conserve energy through being selective about the activities they do in their day. One example was making breakfast and turning this activity into a more "mindless" activity in order to conserve mental energy. By having the same breakfast every day, they could save mental energy. Another idea that was discussed was to find an activity that required repetition each day in order to keep mental acuity strong.

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