Cortex Evolution

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60+ Screen-free

Ways to

Deeply Recharge

Your Brain

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It's Time to Stop "Vegging" & Start Recharging

People often discuss the problem of phones and screens hurting our productivity. But in my experience as a brain coach, **the main problem with screen technology is *not* that it distracts us from <u>work</u> – it's that it distracts us from effective <u>Recharge</u>.**

But if staring at a screen is usually a poor way to Recharge, then what should we do instead? What else can we do in today's world to entertain ourselves or deeply relax?

This guide will answer that question by sharing 60 recreational activities that you can do that will actually Recharge your brain.

The best ones for you might change day to day. If you're just overall exhausted, the best Recharge is sleep. Period. Good sleep is critical for brain health and function and it Recharges in every way. But sometimes you're only tired in one or two particular ways; perhaps you're *physically* exhausted, but still have energy for *mental* or *social* things. In that example, rather than sleeping or Vegging, you can choose a Recharge idea that is mentally or socially challenging, yet physically relaxing.

One last tip: you might want to consider a fast. Completely avoid recreational screen use for a day, week, or month. When I tried this experiment, it opened my eyes to all the beauty, joy, and deep Recharge that I had been missing. Now, I use screens much less than before. I've replaced most of my Vegging with healthy, joyful, Recharging recreation like the ideas you're about to read.

Check out the list below, pick 1-3 favorites, and try them out.

It's time to upgrade your brain and your life!

> – *Dr. Dan Lathen*

60+ Screen-free Ways to Effectively Recharge Your Brain

Purely Relaxing Activities
For when you don't have energy for anything else
1. Sleeping!
2. A long bath or shower
3. Sunbathing
4. Mindfully getting cozy on a couch, chair, lawn, etc.
5. Mindfully enjoying (healthy) beverages and foods.
6. Picnicking in a park
7. Getting a massage
8. Deep breathing exercises
9. Watching animals, the sunset, or the stars
   (most Recharge is best done in nature!)

"What?! You can enjoy just sitting and observing your surroundings?"

Physical Activities
10. Walking or hiking
11. Jogging
12. Stretching or yoga
13. Tai chi
14. Dancing
15. Cycling
16. Going to the gym
17. Any sport
18. Cleaning or organizing
19. Gardening
20. Sex

Mental Activities
21. Reading a book
22. Solving puzzles (e.g., Sudoku, crosswords)
23. Playing a musical instrument
24. Writing poetry
25. Practicing a language or any other skill

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## Emotional & Spiritual Activities
26. Meditation
27. Prayer
28. Reading spiritual literature
29. Attending a religious service
30. Walking in nature
31. Journaling
32. Art to get out your feelings
33. Daydream
34. Write out or share gratitudes

Creative Activities
35. Sketching or painting
36. Pottery
37. Photography
38. Scrapbooking
39. Creative writing
40. Making homemade gifts
41. Crafting (e.g., making jewelry)
42. Knitting or sewing

Recreational Activities
43. Exploring the neighborhood or city
44. Cooking
45. Visiting a museum
46. Home DIY projects
47. Fishing
48. Listening or singing along to music
49. Building model kits
50. Browsing a bookstore
51. Visiting a local cafe
52. Any other offline hobby
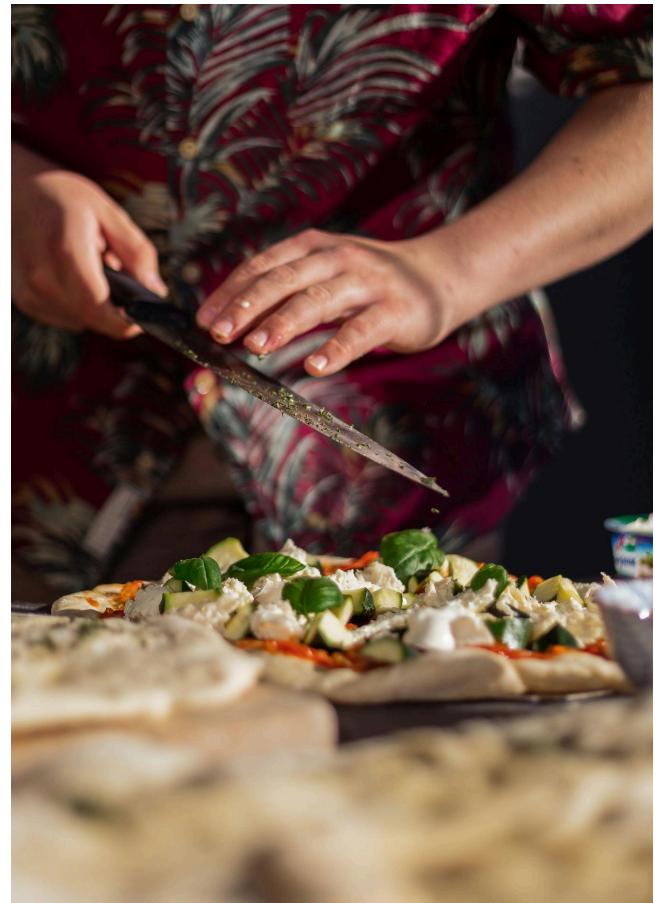
Social Activities

53. Most of the ideas so far can be enjoyed with loved one or with strangers
54. Drinks or dinner with friends
55. Board games
56. Book club or other clubs
57. Community volunteering
58. People-watching in public spaces
59. Finding and telling jokes
60. Quality time with family
61. Cuddling
62. Deep personal conversations

As you can see, there are endless ways to break out of the screen trap and recharge your body and mind in healthy, mindful ways that bring genuine pleasure and happiness.

So, which ones will you try first?

Make some specific plans and put those plans on your calendar so you can stop Vegging and start Recharging!