

**A Baker's Dozen of Mind-Hacks**  
**Session One**  
**Presented by VOICE**  
**(Virginia Tech Office of Interactive Communication & Empowerment)**

- 1) [Doodle](#). Doodling improves focus and memory. If we hear something we'll retain about 10% of it three days later. But, add a visual and we'll retain 65%.
- 2) [Yawn](#). Yawning helps create a heightened state of awareness (among other things)!
- 3) Get plugged in. Listen to [nature sounds to relax](#).
- 4) Or better yet, get off-the-grid. Being in [nature helps](#) with mood, depression and attention.
- 5) [Exercise](#). Emotion comes from motion. It helps with memory and even helps us feel [more connected](#) with others.
- 6) But at the end of the day go get some sleep (or [a nap](#) during the day but don't make it too long). [Sleeps strengthens new information](#).
- 7) Riddle me this...The answer to a problem lies in the questions we ask ourselves. [Questions shift our focus](#).
- 8) [Don't multi-task](#). Our brain has to [reboot each time](#). Instead, work in ["chunks" of time](#).
- 9) [90-second rule](#). When triggered, if we react, we go to some form of fight, flight, freeze. If we condition ourself we can respond. (Thanks Dr. Jill Bolte Taylor!)
- 10) Watch some T.V. [Words have the power to influence us](#). Use "transformational vocabulary" to influence what you, and others, feel.
- 11) [Stay connected](#). To others. [Social rejection](#) and disconnect can be as bad as physical pain.
- 12) Put on your SCARF. [Significance](#). [Certainty](#). [Autonomy](#). Relatedness (see above). [Fairness](#). (Thanks David Rock!)
- 13) Reflect on all this. [Meditate](#). Just like going to the gym, even a bit of meditation alters the brain (for the better).