ONE BRAIN, TWO MINDS

Although humans have one only brain, it can be helpful to think about our behavior as if we have two independent “minds” that function with different capacities. One “mind” governs brain functions that are concerned with the long term, and what is best for you. The other “mind” includes brain functions that help in the short term and serve to obtain immediate gratification.

WE CAN CHANGE OUR BRAINS AND STRENGTHEN “LONG-TERM” MIND FUNCTIONS

You strengthen your ability to choose what is best for you when you:

- Practice Focus Meditation
- Develop self-awareness and skills to pause and plan
- Engage in aerobic activity
- Practice self-compassion