

Biohacking Mental Health: Quick Cheat Sheet

Use these science-backed biohacks to boost mental health resilience for yourself and your team. Small changes can lead to big improvements in emotional well-being. Share this cheat sheet with your employees!



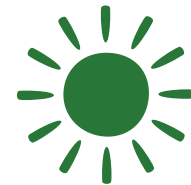
Master Sleep to Boost Emotional Stability ^{zZz}

- Breathing Techniques: Use the **4-7-8 method** (inhale 4s, hold 7s, exhale 8s) to relax.
- Sleep Hygiene Tips: Reduce screens before bed, keep consistent hours, and set the room at **16-18°C**.
- Sleep-Tracking Tools: Apps like Sleep Cycle or Oura Ring help; aim for **90+ mins** of deep sleep.



Build Mental Resilience with Positive Psychology 😊

- Gratitude Practices: Write **3 things** you're grateful for daily to boost positivity.
- Savoring Success: **Celebrate small wins**—e.g., enjoy a coffee after completing a task.
- Daily Reflection: Take **5 minutes** to recall a moment that made you smile today.



Energize Minds with Physical Biohacks 🏃

- Cold Showers: Start with a **30-second cold rinse** to boost mood and endorphins.
- Movement Breaks: Stretch or walk for **5-10 minutes** every hour to stay refreshed.
- Morning Sunlight: Use a **10,000 lux light lamp** if mornings are dark to boost serotonin.



Fuel the Brain with Nutrition 🥗

- Omega-3s: Add fatty fish (e.g., salmon) or supplements to **reduce anxiety**.
- Hydration First: Begin your day with a **glass of water** + a pinch of sea salt.
- Sugar Spikes: **Favor protein/healthy fats** over carbs; skip carbs before bed.



Quick Hacks for the Workday 🚀

- Digital Detox Zones: Dedicate work periods to being phone-free for better focus.
- Pomodoro Technique: Work in **25-minute focused sprints**, then take 5-minute breaks.
- Induce Alpha Waves: **Lightly touch thumb to each finger** in sequence while breathing deeply. That will induce creativity.

A Healthier Workplace Starts Here

Mental health resilience is built through consistent, intentional actions. Share these tips with your team and start 2025 with a stronger, healthier workplace.

