

Mayo Clinic Minute

An exercise to slow your spinning mind

VIDEO	AUDIO
	Life in the fast lane is tiring on your body and your brain.
Amit Sood, M.D. Graphic: Your brain tires after 1 to 2 hours of activity	“Studies show our brain gets tired in about one to two hours of focused activity. So a lot of people are walking around with a tired brain.”
	Dr. Amit Sood is author of <i>The Mayo Clinic Guide to Stress-free Living</i> .
Graphic: Brain breaks Boost efficiency Promote creativity	He says giving your brain short breaks boosts efficiency and promotes creativity.
Title: Amit Sood, M.D. Complementary and Integrative Medicine Mayo Clinic	“If you can capture those three or five minutes, you really get fresh.”
Graphic: FOND	And if shifting into a lower gear seems difficult at first, Dr. Sood offers this simple mind-quieting technique.
Amit Sood, M.D. Graphic: Find One New Detail	“There is an exercise in our program. We call it FOND exercise, which is find one new detail.”
	At your desk, somewhere else at work or even standing by your kitchen sink – wherever you are – search a familiar scene until you detect something that you’ve never noticed.
Amit Sood, M.D.	“I guarantee you’ll be able to find something new. And that puts you into a discovery mode. We are, by design, a curious species.”

	And that can make life in the fast lane a happier ride.
	For the Mayo Clinic News Network, I'm Jeff Olsen.