



## RELAX AND FOCUS WITH HOOK UPS

### Part one:

Turn your hands back to back, then lift one hand over the other to bring them palm to palm. Interlace the fingers. Cross your ankles, ensuring that the ankle on top is the same as the wrist that is on top.

You may find tucking your hands towards you is more comfortable. It will now look as if you have the opposite wrist and ankle on top.

### Part two:

Place your fingertips together, and uncross your ankles.

This exercise can be done sitting, standing or lying. Stay in each position as long as may be. Every so often consider which side was on top last time and exercise your non-dominant side by doing part one the other way around.



## WATER

A well hydrated brain functions at speed. It swiftly recognizes the incoming sights and sounds, and efficiently generates the appropriate response. Drink 1.5 – 2 litres of water each day – weekdays and weekends.

Help yourself to drink water easily by:

Drinking water hot, warm or cold- whatever suits you.

Drink from a container you enjoy. Water bottles are convenient, a glass might be more enjoyable.

Drink water that tastes nice – leave tap water in a glass jug in the sunlight to evaporate the chlorine.

Have a glass or two as soon as you get up.

Drink water while you wait for your coffee, or for the jug to boil.