

# Mental Nutrition®

Thinking flexibly. Speaking confidently.

*Mental Nutrition®*: A model of sensemaking

<b>Ingredient</b>	<b>Skills and processes</b>
Mindfulness	Thinking processes made explicit Awareness: noticing what is happening with meaning structures Observing: watching carefully, context, content, relationships
Managing meaning	Connecting Listening Questioning Language choices
Feeding the mind	Cultivating habits of mind Reflecting: thinking about thinking Choosing: taking charge of thoughts, words and deeds