

Artifcts Inspiration Series

Brain Buzz



Conversation is a creative art. And creative arts are exceptional for brain health and resilience, helping with a variety of symptoms that affect quality of life. Choose from among any of the prompts below, crafted by Hilarity for Charity to keep your brain buzzing as you write and record stories at Artifcts.

- ☐ Your favorite brain-boosting snack + a recipe card
- ☐ One hobby that helps keep your brain active + your tools of the trade
- ☐ How you take a mental reset + a 'Mindfulness Moment' Artifct
- ☐ A 'brain boost' item you always keep nearby + its origin story
- ☐ A time you felt mentally unstoppable – what helped? + mental power playlist
- ☐ A calming, sleep time ritual + 'Sleep Sanctuary' photo story
- ☐ Inspiration for lifelong learning + Snapshot of a book, class, or note from them
- ☐ Your favorite way to move your body + a movement montage
- ☐ One thing you've done to reduce daily stress + a before-and-after story

 Dive deeper!



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- ☐ **"Tell us about a time you felt mentally unstoppable – what helped?" + Create a mental power playlist**
Think about when you aced a test, finished a big project, or crushed a personal goal! Then, create a playlist of the songs that boost your brainpower and upload the list as an Artifct.
- ☐ **"Describe a calming ritual you love before bed" + Make a 'Sleep Sanctuary' photo story**
Show off your comfy corner or snap a pic of your favorite cozy vibe (books, tea, diffuser) to create a visual Artifct of your sleep sanctuary!
- ☐ **"Who inspires your lifelong learning journey?" + Share a snapshot of a book, class, or note from them**
Write about a mentor or role model who sparked your curiosity. Include a photo of something that represents their influence – a book, handwritten note, or a classroom memory, even YouTubers, TikTok creators, authors, or a favorite childhood character from books/movies that inspired you.
- ☐ **"What's your favorite brain-boosting snack?" + Add a recipe card**
Recall a snack that fuels your focus and creativity. Share the recipe or ingredients as a digital recipe card and make it an Artifct, like your own acai bowl, avocado toast, or your favorite boba drink!
- ☐ **"What's one hobby that helps keep your brain active?" + Capture your tools of the trade**
Whether it's puzzles, painting, or playing piano—share your favorite hobby. Then snap a photo of your supplies and share them as an Artifct.
- ☐ **"What does your 'mental reset' look like?" + Create a Mindfulness Moment Artifct**
Talk about your go-to reset technique (meditation, walking, doodling). Capture the space, object, or tool that helps you reset and upload it to Artifcts.
- ☐ **"Tell the story behind your favorite meal as a kid" + Share a mealtime photo or recipe**
Think of a memory tied to a nutritious meal (omega-3s, leafy greens, etc.). Add the story and photo of the dish as an Artifct to inspire healthy nostalgia.
- ☐ **"What is your favorite way to move your body?" + Make a Movement Montage**
Share your favorite type of movement that lifts your mood or sharpens your mind. Then upload a photo of your gear (yoga mat, sneakers, trails) or even a short video montage.
- ☐ **"What's one thing you've done to reduce stress in your daily life?" + Create a before-and-after story**
Tell us how you changed a routine or mindset to manage stress better. Share visuals that show the transformation in your space or schedule. You might consider starting to journal, making a new playlist, or deleting TikTok for a week.
- ☐ **"What's your 'brain boost' item you always keep nearby?" + Share its origin story**
Whether it's a puzzle book, journal, or favorite tea, describe the item and why it matters to your mind. Snap a photo and write its story as an Artifct.



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Brain Boost, Youth Edition

Here are 10 youth-focused, brain-health inspired prompts designed specifically for ages 16–20, with creative actions to encourage storytelling and sharing on **Artifcts**.

- ☐ **"What's your go-to playlist when you need to focus?" + Add your top 5 tracks as a music memory Artifct**
Music can help you study, chill, or reset. Share a short story about when that playlist helped you concentrate, and upload the tracklist and cover art as an Artifct.
- ☐ **"What's your favorite brain break activity?" + Create a visual of your 'brain break zone'**
Do you sketch, dance, game, or go outside? Tell us how you unplug and recharge your brain. Take a pic of where it happens and turn it into an Artifct.
- ☐ **"What's one snack that powers you through a long day?" + Share a quick recipe or snack hack**
From trail mix to avocado toast—share your brain-boosting snack and how you make it. Snap a pic or video and post it as an Artifct with your tips.
- ☐ **"When do you feel the most creative?" + Upload something you made during that time**
Is it late at night? Right after a run? Tell us about that time of day when ideas just flow. Share a drawing, poem, playlist, or even a screenshot of your creative process.
- ☐ **"What helps you calm down when your brain feels overloaded?" + Create a 'Chill Kit' Artifct**
Share your favorite de-stress method—music, walks, breathing apps, journaling. Then post a pic of your go-to items or space and label it your Chill Kit.
- ☐ **"Who's your brain-boosting role model?" + Add something that reminds you of them**
It could be a parent, friend, creator, or teacher. Tell us how they inspire you to grow mentally. Upload a quote, photo, or memento that connects you to them.
- ☐ **"What's a habit you've started (or want to start) that helps your mind?" + Create a goal tracker or visual**
Whether it's sleep, reading, less screen time, or journaling—share how it's helping (or how you want to start). Add a screenshot, sticky note, or planner image as an Artifct.
- ☐ **"Describe a time you felt proud of using your brain—not just for grades." + Share a pic of what came out of it**
Maybe you solved a tough problem, helped someone out, or built something cool. Tell the story and add a pic of the result—anything from a robot to a kind message.
- ☐ **"What's your dream 'thinking space' look like?" + Create a mood board or sketch of it**
Is it a cozy nook, a modern studio, a rooftop? Use Pinterest, Canva, or your own drawing to design your ideal brain-friendly space and post it as an Artifct.
- ☐ **"If your brain had a mascot, a spirit animal, or a zodiac sign, what would it be?"**
+ Design it and give it a name
Share your Brain's mascot, spirit animal, or sign, why you chose it, and upload your drawing, collage, or emoji combo as a fun Artifct.