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# Your Daily Practice

## Episode 10

### What Is Neurohacking And How To Use Scientific Self-Help To Do It With Elizabeth Ricker

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Scientific self-help involves trying out evidence-based interventions on yourself and customizing your plan based on what works best for you. This week, try out a quick scientific self-help strategy from [Elizabeth Ricker's](#) website. It takes about 5 minutes to complete:

**Step 1.** Answer a few questions about your current mood

**Step 2.** Do a 1-minute intervention

**Step 3.** Answer the same questions about your mood to see if it changed anything!

Here is the link: <https://www.ericker.com/mood-neurohack.html>

You can take this example of self-testing and try out other interventions such as:

- Test which works better to boost your creativity: walking outside vs. walking on a treadmill
- Test which works better to boost your mood: high intensity interval training or meditation?
- Test what time of day you have the most focus: morning, afternoon or evening?

For validated tests of creativity, mood, and focus check out Dr. Elizabeth Ricker's book: [Smarter Tomorrow](#).