

# How to Love Your Brain



heart-brain connection  
 daily exercise  
 mood lifter  
 improves balance  
 Tai Chi, gardening, walking



express emotions  
 learn to overcome obstacles  
 develop close relationships



DASH Diet  
 Mediterranean Diet  
 stay hydrated  
 limit caffeine and alcohol



maintain social connections  
 stay active  
 take part in social activities



protect your brain  
 get regular check-ups  
 treat chronic conditions  
 take medications as prescribed



give your day meaning  
 volunteer  
 find a task that you enjoy



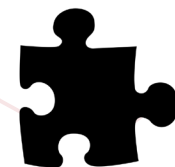
sleep when you're tired  
 keep circadian rhythm normal  
 get sunlight in the morning  
 establish a routine



take a class  
 learn something new  
 challenge your brain



identify triggers  
 learn relaxation techniques  
 treat mental health issues  
 find your spiritual side  
 allow help from others



brain fitness improves function:  
 attention  
 memory  
 reasoning