

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



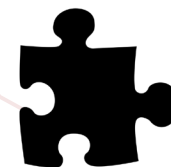
sleep when you're tired
 keep circadian rhythm normal
 get sunlight in the morning
 establish a routine



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