

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