

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