

## Power Your Brain



What is the secret to keeping your mind sharp and your brain healthy?

**Healthy habits!**



Small actions over time can help you build, retain and protect brain function.

### 5 TIPS FOR POWERING YOUR BRAIN:

#### DID YOU KNOW?

#### HOW TO POWER UP:

Maintain a balanced diet and get adequate exercise.

Your brain is constantly working, and it gets fuel from the foods you eat. Exercise improves mood and sleep, reduces stress and boosts memory and learning functions.

Incorporate brain-healthy foods such as berries, dark leafy greens, eggs, nuts and legumes into your diet. Add 30 minutes of active time each day.

Stimulate your brain and memory.

Just like muscular strength, our memory function increases when it is exercised and nurtured with healthy habits.

Try brushing your teeth with your non-dominant hand, learning a new hobby or engaging in brain stimulus like word searches, crossword puzzles or Sudoku.

Set limits around screen time.

Extended exposure to screens can contribute to sensory overload and attention issues.

Consider making bedrooms screen-free zones and having mealtimes at the table instead of in front of a screen.

Get plenty of sleep.

While you sleep, your brain is still hard at work! The recommended amount of sleep hours per day is 9-12 for school-aged youth, 8-10 for teens and 7+ for adults.

Establish consistent sleep and wake times, avoid using electronics during the hour before bed and avoid consuming alcohol and heavy meals before bed.

De-stress and prioritize positive thoughts.

Over time, significant amounts of stress can weaken your immune system, impair memory, raise your blood pressure and contribute to depression and anxiety.

Meditation, mindfulness activities and creative projects can all be positive outlets for managing stress. Being optimistic also creates coping skills during hardships and times of stress.

Taking care of your brain can have endless physical, mental and emotional benefits!

