



Top 5 Ways to Maintain your Brain



1. Lifestyle Changes – Reduce vascular risk factors

- Maintain your overall physical health - overall health impacts brain health
- Reduce/discontinue tobacco, alcohol, and recreational drug use
- Improve sleep quantity and quality
 - We consolidate memory during our sleep
 - Have a sleep study if you have trouble falling asleep or wake up and can't get back to sleep
 - Try to get 7-9 hours of restful sleep each night
- Improve Nutrition
 - Consume wholegrains, nuts, beans, and a variety of fruits and vegetables
 - Eat less red meat and more fish
 - Use extra-virgin olive oil as your primary oil
 - Keep well-hydrated by drinking water rather than soft drinks or drinks with caffeine
 - Consume in moderation
- Exercise More
 - Many benefits for physical and emotional health
 - Increases blood flow and oxygen/strengthens neural connections
 - Helps you sleep better/increases energy level
 - Improves mood

2. Improve Your Mood

- Depression and anxiety are linked to an increased risk for declines in thinking skills
- Consider medication to help your mood
- Attend counseling to learn more effective coping strategies

3. Get out and be social – Be an active participant in your life

- Loneliness is related to an increased risk of developing Alzheimer's disease, heart disease, and stroke
- People with the most active social lives have the slowest rate of memory decline

4. Learn something new

- Take up a new hobby, challenge yourself to learn something new
- Board games, digital games, crossword puzzles, word search, Sudoku
- Focus on abilities and NOT disabilities

5. Reduce Stress Level- family troubles, financial difficulties, work-related stress

- Mild stress may impact thinking skills.
- High stress makes it harder to learn new things and solve complex problems.

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