

6 HEALTHY BRAIN HABITS



Healthy Diet

The Mediterranean Diet, MIND Diet, or an anti-inflammatory diet are favored for brain health.



Regular Physical Activity

Aim for 30 minutes of exercise every day. Some options to explore include gardening, dancing, and Tai chi.



Brain Activity

Take an online course. Learn a new skill. Challenge a friend to a game of Scrabble. Pick up a book of sudoku puzzles.



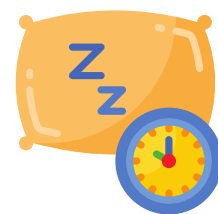
Social Activity

Choose activities that encourage social interaction. You might try volunteering at a school or joining a support group.



Mindfulness

This can take many forms, but it should be purposeful and become part of your routine. Set aside 5-10 minutes daily.



Get Good Sleep

Creating a sleep routine, including giving your body time to wind down, can help improve your circadian rhythm.