

# Brain Health Tips

Incorporate the strategies below to encourage a brain healthy lifestyle.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.



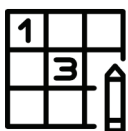
## Get exercise

Heart health is brain health. Physical exercise that keeps our bodies moving isn't just good for our muscles, but also for our brains.



## Mental health

There's a connection between depression and mental cognition. Don't keep your struggles to yourself - prioritize your emotional well-being by sharing your feelings with someone you trust. Talk to your doctor about effective treatments for depression and anxiety.



## Stimulate your mind

Exercising your brain is just as important as physical exercise. Keep your mind active with brain teasers like Sudoku, Wordle, and crossword puzzles. Or stretch your brain by learning a new language or musical instrument.



## Socialize

It's important to stay connected and keep in touch with friends. A study recently linked loneliness and social isolation in older adults with a 49-percent-to-60-percent greater likelihood of a future diagnosis.



## Eat healthy

The Mediterranean diet is one of the healthiest eating styles. It consists of minimally processed foods and features more plants, less red meats, and favors herbs and spices over salt.



## Sleep well

A strong link has been found between untreated sleep issues and cognitive impairment. But there's help - meet with your doctor or specialist to address possible solutions to your sleep troubles.

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More tips can be found at [www.theerscenter.org](http://www.theerscenter.org)