

# 5 Tips for Improving Brain Health



## 1. Manage Stress

Long-term stress can impact brain function and increase risk for diseases like Alzheimer's and dementia. Exercise, such as going outside for a walk, can be helpful for reducing stress. Other techniques to manage stress include:

- Journaling
- Meditation
- Listening to or playing music

## 2. Eat Healthy Foods

Focus on eating a healthy diet, which includes fruits, vegetables, and whole grains. Specific foods that may promote brain health are:

- Fatty fish, such as salmon, cod, and tuna
- Berries
- Tea and coffee
- Walnuts

## 3. Keep Your Brain Active

It's important for both your body and mind to stay active. You can keep your brain engaged by learning a new skill or hobby. You can also stimulate your mind in other ways:

- Playing games
- Taking or teaching a class
- Reading

## 4. Stay Socially Connected

Connecting with others helps to limit isolation and may improve brain function. There are many options for becoming involved in social activities:

- Volunteering
- Joining a group focused on a hobby that interests you
- Visiting friends or family
- Exercising in a group

## 5. Manage Your Blood Pressure

Studies have shown that having high blood pressure around the age of 40-60 years old is associated with an increased risk for cognitive decline later in life. Routine appointments with your healthcare provider can help with detecting blood pressure changes, and they may suggest a plan for blood pressure management including a healthy diet, exercise, and possibly medications.

