



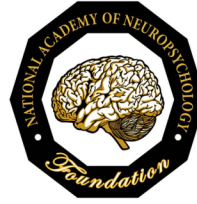
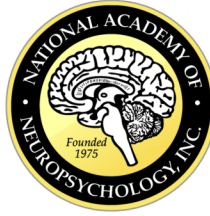
Nutrition

- Diets that consist of whole grains, fruits and vegetables, beans, nuts, olive oil, and moderate amounts of fish—such as the Mediterranean, MIND, and DASH diets—are particularly good for brain health.
- Unhealthy oils and fats, refined sugar, and processed foods—a Western style diet—are linked to excessive weight, inflammation, poor cardiovascular health, and declining brain health.
- You should always talk with your health care providers about nutritional changes.



Social Connectedness

- Loneliness and social isolation are common in later life—25% of older adults experience loneliness.
- Having people in your life that you feel will listen to you and provide support when needed can keep your brain healthier over time.
- Studies show that frequent contact with friends and family members can slow cognitive decline and improve brain health.




About NAN

The National Academy of Neuropsychology (NAN) is a non-profit professional membership association for experts in the assessment and treatment of brain injuries and disorders. NAN members work in the most prestigious universities, hospitals and private practices throughout the world and are at the forefront of cutting-edge research and rehabilitation in the field of brain behavior relationships.

NAN Foundation

The NAN Foundation has a mission to improve quality of life through public education, advocacy, research and collaboration on brain health. Our vision is to become the leading provider of education and resources for the public, patients, families and health care providers to address brain health.

Get In Touch With Us

 office@nanonline.org

 www.nanonline.org

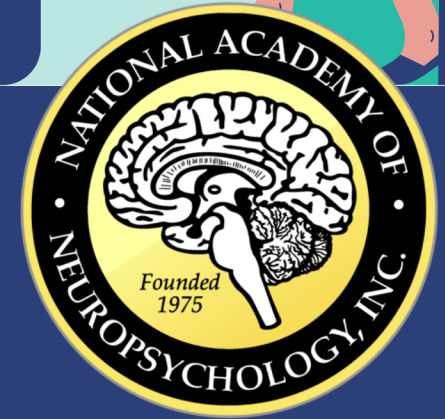
For more on brain health:



BRAINWISE

Brain science for healthy living

www.brainwisemedia.com



BRAIN HEALTH

Evidence-based brain healthy lifestyle activities and tips to establish brain healthy habits.



Intellectual Activity

- Hobbies are great for brain health (the more the better) even if you only do them once a month. However, the more time you spend on hobbies, the better it is for your brain.
- Activities such as reading, doing crossword puzzles, playing a musical instrument, digital photography, and volunteering in your community have all been linked to better brain health.
- Learning a new skill or remembering something new is particularly helpful for brain health.



Stress

- Acute or chronic stress can negatively affect cognitive abilities like reasoning and working memory.
- Stress reduction strategies like mindfulness meditation, yoga, deep breathing, prayer, or progressive muscle relaxation can help maintain or improve your thinking skills, even in the face of ongoing stress.
- Reflecting on your most important personal values, and writing about what you are grateful for, are simple yet effective ways to reduce stress.
- Don't be afraid to ask for help when you need it, whether it's from a coworker, a loved one, or a therapist.

Physical Activity / Exercise

- Physical activity can be a wonderful brain booster and helps you think, learn, and feel happier.
- Regular physical activity and exercise can help lower your risk of cognitive decline.
- Even taking regular walks, gardening, or doing yardwork for about 20-30 minutes several days a week has been shown to be helpful for maintaining and improving brain function.

Sleep

- For most adults, the ideal amount of sleep for optimal quality of life and brain health is 7-9 hours in a 24 hour period. Sleeping less than 6 hours or more than 9 hours per night can be detrimental to brain health.
- Naps less than 30 minutes (ideally in the afternoon) can improve your memory and other thinking skills for hours afterward.
- Sleep allows us to fully experience and capture memories, store them away, and recall them in the future.
- Check with your doctor if you often have sleep problems, given that insomnia increases the risk of dementia.



Brain Healthy Habits

- If you're trying to increase a brain-healthy behavior, start by monitoring how often you engage in this behavior now.
- Try to avoid things in your environment that take you away from positive activities, such as screen time when you're going to sleep.
- If you're having trouble making a brain healthy lifestyle change, start by taking small steps toward your goal.
- You can lock in a new habit by sticking with it for about 60 days.

