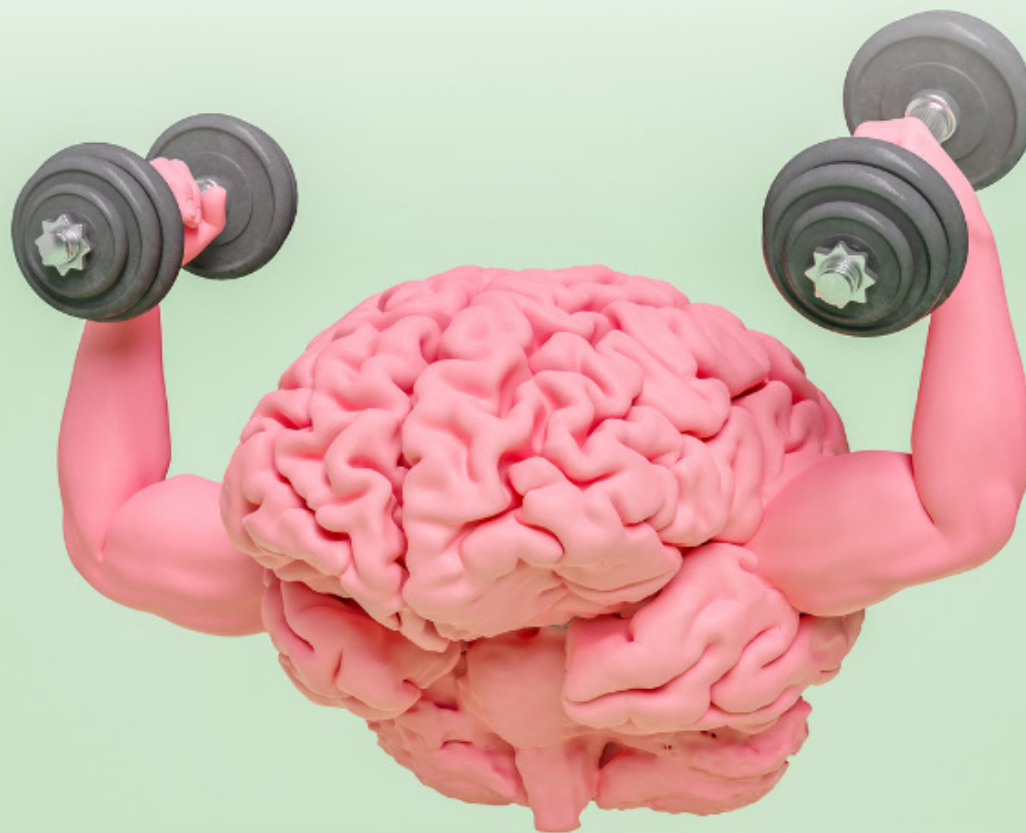


OCTOBER TOOLKIT

FITNESS ISN'T JUST PHYSICAL?



Thrive

EXERCISING THE BRAIN NOT ONLY STRENGTHENS NEURAL PATHWAYS WHERE OUR MEMORIES LIVE BUT ALSO BUILDS NEW ONES.

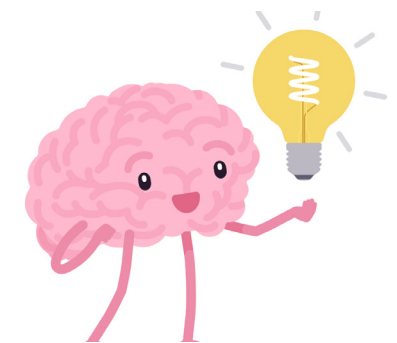
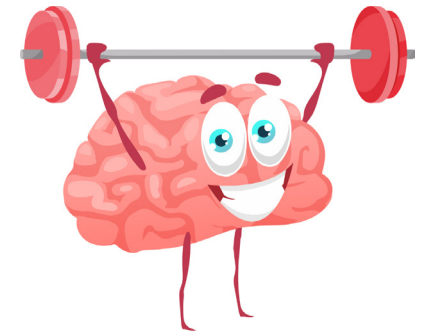
Burnout from chronic stress can overwhelm the brain, causing noticeable changes in the anatomy and functioning of the brain.

GO TO THE METAPHORICAL GYM FOR YOUR BRAIN.

- **Sleep at least seven hours a night.**
 - During sleep, your brain flushes out waste material.
 - Microglial cells clean out beta-amyloid plaques related to Alzheimer's.
- **Handle stress.**
 - Stress produces cortisol, which can kill brain cells and trigger inflammation.
 - Meditation increases cognitive reserve, helping you cope with day-to-day life by handling unexpected stressors.
- **Interact with friends.**
 - Spending time with friends combats loneliness and the stress it causes.
 - Research suggests seeing one or two relatives or close friends at least once a month.
- **Exercise daily.**
 - Exercise increases your brain's executive function and memory.
 - Exercise promotes growth of new brain cells.
 - Aerobic exercise, such as swimming, walking or jogging, is best.
- **Learn new things.**
 - Play games, learn new words and build your vocabulary.
 - Take an online class to challenge your brain. LinkedIn Learning has many free classes with your state account.
- **Eat a healthy diet.**
 - Sugary, salty and processed foods promote inflammation.
 - Adding more plant-based foods promotes the growth of healthy gut bacteria which is referred to as the second brain.

BRAIN FITNESS

Your ability to perform mental tasks like memory, attention, problem-solving and creativity.



5 FOODS LINKED TO **BETTER BRAINPOWER**

GREEN VEGGIES



1. Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

FATTY FISH



2. Fatty fish are abundant sources of omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid — the protein that forms damaging clumps in the brains of people with Alzheimer's disease.

BERRIES



3. Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows.

TEA + COFFEE



4. Coffee and tea might offer more than just a short-term concentration boost. In a recent study, participants with higher caffeine consumption scored better on tests of mental function.

WALNUTS



5. Nuts are excellent sources of protein and healthy fats, and walnuts in particular might also improve memory, according to a study.

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If you feel overwhelmed, start slow and focus on one habit per day, such as getting more sleep on Monday, reducing stress on Tuesday and meeting with friends on Wednesday. Soon it will all come together, and you will practice these habits every day.

Resources

health.harvard.edu/mind-and-mood/a-workout-for-your-brain

health.harvard.edu/mind-and-mood/shield-your-brain-from-decline

forbes.com/sites/forbescoachescouncil/2021/05/20/fitness-isnt-just-physical-the-importance-of-exercising-your-brain