

Healthy Habits for a Healthy Brain

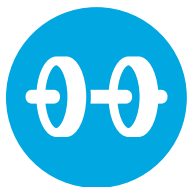


1 Nutrition

The brain is negatively affected by excess sugar, unhealthy fats, high salt intake and low fiber content of poor diets.

Tip: Try replacing refined sugars for 30 days, satisfy your sweet tooth with dates, monk fruit or applesauce.

Tip: Reduce salt by seasoning with herbs and spices (freeze fresh herbs in ice cubes).



2 Exercise

Poor blood flow, oxidative stress, and inflammation negatively affect the brain.

Tip: Take a walk. Studies show a daily 25-minute brisk walk reduces your chances of Alzheimer's by 45%.



25-minute brisk walk



3 Unwind

Altered dopamine and serotonin levels cause anxiety and depression.

Tip: Write in a journal for 20 minutes. Examine the things that cause you bad stress.

Bad stress is defined by activities that do not serve a purpose, do not have a clear direction or do not result in clear victories.

Good stress on the other hand is purpose driven, timebound and results in a clear victory or success.



4 Restore

While you are sleeping, your brain enters a different metabolic and processing state.

Tip: Go to bed at the same time every night for 7 days and get up 7-8 hours after. Condition your brain.

Sleep reorganizes your brain for the next day. It is the most important source of cleansing for your body.



5 Optimize

Cognitive reserve is the brain's intellectual store that may resist or offset damage and decline.

Tip: Have a structured conversation with a friend by phone or, better yet, invite them to walk and talk.

Cognitive reserve can be developed and sustained through life-long mental and physical activity.

Structured Conversation



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