

## Brain Booster Tips: Simple ways

to help your brain function at its best!

### 1. Exercise:

Studies have shown that older people who exercise - even just simple exercise such as moderate walking a few times a week have healthier brains.

- Decreases stress.  
Stress can decrease your brain energy and make it harder to think properly.
- Improves blood flow to the brain.
- Sleeping better. Sleep improves memory and keeps the blood flowing to all parts of your body and brain.
- Exercise can also help improve your overall health.

### 2. Get Social:

Staying social is considered very important for keeping our minds healthy. Any social activity helps keep your brain active and strong.

- Find friends who have similar interests.
- Think about participating in new activities or things that you may have stopped but might enjoy again.
- Try to find and do activities that are fun so you enjoy doing them.



### 3. Sleep:

Experts say that healthy sleep patterns are very important for cognitive performance, especially memory.

- Your body and brain need at least 6-8 hours of sleep each night.
- Sleep can lower levels of stress hormones and relax and refresh your body and brain.
- If your sleep is often interrupted by pain, using the washroom, and/or stress, discuss this with your doctor or other health care professional.
- If you have trouble sleeping, you can try limiting intake of alcohol, as it can disrupt sleeping patterns.

#### **4. Fruits and Vegetables:**

Experts on aging say that people need to eat a variety of fruits and vegetables to keep their brains healthy.

- Eating 5 to 7 servings of fruits and vegetables can keep your brain at its best. This helps to make sure your brain gets all the nutrients it needs.
- There is no official "brain food," but antioxidants -- which are often found in fruits and vegetables -- help to curb damage to cells in your brain.
- If you have a hard time eating a wide variety of foods, talk to your doctor about introducing a senior's vitamin into your daily medication routine.

#### **5. Stop Multitasking & Reduce Clutter:**

As the brain ages, paying attention to many different things at once becomes more challenging. Trying to multi-task will make it harder to remember things.

- Don't leave the kitchen when you are cooking, even if the phone rings.
- Write down important information, and dates in a journal or calendar so you do not need to worry about storing that information in your brain.
- Reduce clutter. This will make it easier and faster to find what you want. Start with one location and gradually reduce clutter around your home.

#### **6. Drink Water:**

Keeping yourself hydrated not only helps your brain function at its best, but is also important for your body in a number of different ways. Discuss how much water you should be drinking every day with your doctor.

#### **7. Managing Medications:**

It is common for older adults to be on a wide variety of medications.

- It is important to take all of your medications exactly as they are prescribed.
- Ensure your doctor is aware of ALL prescribed and over the counter medications you take.
- Consider asking about "blister packing" at your pharmacy. Blister packing separates your medication into individual packets for you to take at the right time of day to help reduce errors.

## **8. Maintain your "spirit":**

Healthy brains need purpose, perspective, and social connections. A positive outlook and optimism can be really important to your brain and wellbeing.

- Use Your Sense of Humor
- Build Solid Friendships
- Treat Depression
- Keep Your Perspective - Contemplating past, present and future

**Lastly, don't be hard on yourself; no one's memory is perfect. Give yourself and your memory a break from time to time by asking a relative or close friend to help with things you are struggling with.**

