



Live Well, Work Well

Health and wellness tips for your work, home and life.



6 TIPS FOR BETTER BRAIN HEALTH

A brief lapse in memory, such as misplacing your wallet or forgetting a birthday, is often associated with being overly busy or having an excessive amount of stress. In fact, memory loss is a common part of aging. What can be problematic is when the episodes of forgetfulness increase and intensify into a more severe problem, such as mild cognitive impairment or even Alzheimer's disease.

This is why taking care of your brain health is essential. There are small daily efforts you can make to slow memory decline. Read on for six tips about taking care of your brain health.

1. Exercise Daily

Physically active people are less likely to experience a decline in their mental function, according to the Mayo Clinic. The increased blood flow to the brain during exercise aids the natural brain connections that occur during aging. A simple routine of 30 minutes of physical activity daily can help boost your brain health. Try choosing an activity that will increase your heart rate, such as hiking, playing tennis or biking.

2. Eat a Balanced Diet

A balanced diet not only helps physical health but cognitive functions as well. Try to incorporate foods high in monounsaturated fats, polyunsaturated fats and omega-3 fatty acids. These foods can include salmon, nuts and avocados, for example. It's also important to avoid foods high in trans and saturated fats, such as processed foods and fatty cuts of beef.

3. Get a Good Night's Sleep

Sleep plays a vital role in overall health, including brain health. To get a good night's sleep, you should aim for seven to eight consecutive hours of rest per night. This gives the brain a chance to detoxify and relax after each day, which is critical for a healthy brain and memory.

A lack of sleep can be a detriment to your brain health. If you're having trouble sleeping, it can be helpful to reach out to your doctor.

4. Participate in Social Activities

Regular social interactions can help decrease memory loss. This can especially be important if you live alone or work remotely. A simple way to incorporate social interaction into your daily life is to connect with loved ones such as family and friends. If you have time in your evenings, this could be a good opportunity to try a new hobby or class within your community.

5. Activate Your Brain

The more mentally stimulated you are, the better your brain's overall function will be. To engage in mental stimulation, you can participate in activities such as reading, brain games, painting and puzzles. If you're looking for where to start with brain-stimulating exercises, reach out to your doctor for recommended resources.

6. Receive Regular Check-ups

Certain health factors, such as artery and vein health, are critical to brain health and function. By going to regular check-ups, you're able to get your blood pressure, blood sugar and cholesterol checked. Your doctor can tell you if your these and other numbers are in a healthy range. If not, they can provide care to help you get your numbers in a healthy range.

Conclusion

Brain health significantly impacts your memory and cognitive function. Practicing these six habits can positively impact your brain's health. If you have further questions about how to better the health of your brain, reach out to your doctor for more information.