

# How to Love Your Brain



heart-brain connection  
daily exercise  
mood lifter  
improves balance  
Tai Chi, gardening, walking



express emotions  
learn to overcome obstacles  
develop close relationships



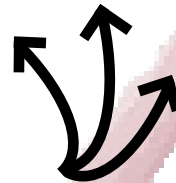
DASH Diet  
Mediterranean Diet  
stay hydrated  
limit caffeine and alcohol



maintain social connections  
stay active  
take part in social activities



protect your brain  
get regular check-ups  
treat chronic conditions  
take medications as prescribed



give your day meaning  
volunteer  
find a task that you enjoy



sleep when you're tired  
keep circadian rhythm normal  
get sunlight in the morning  
establish a routine



take a class  
learn something new  
challenge your brain



identify triggers  
learn relaxation techniques  
treat mental health issues  
connect with your spiritual side



brain fitness improves function:  
attention  
memory  
reasoning