

## 15 Important Brain Health Facts

1. Exercise is one of the most important things you can do for your brain health. Regular physical activity increases blood flow to the brain, which helps to improve brain function and reduce the risk of dementia, stroke, and other disease.
2. Eating a healthy diet is essential for brain health. Eating a diet rich in fruits, vegetables, whole grains, and healthy fats (Omega 3) can help to reduce inflammation and improve cognitive function.
3. Eating at least one serving of greens, beans, and other vegetables each day can help improve your brain health by as much as 11 years.
4. Getting enough sleep (7-8 hrs) is essential for brain health. Sleep helps to restore and repair the brain, and lack of sleep can lead to cognitive decline, increased risk of almost ALL brain diseases.
5. Going to bed and waking up on a regular schedule, not eating 1 hour before sleep, dimming the lights and not using electronics ½ hour before sleep has been shown to help tremendously with sleep.
6. Stress can have a negative impact on brain health. Chronic stress can lead to cognitive decline and can increase the risk of anxiety, depression, and even dementia.
7. Practicing mindfulness and deep prayer is important for brain health. These activities can help to reduce stress and improve cognitive function.
8. Practicing positive thinking is important for brain health. Positive thinking can help to reduce stress, anxiety, and improve mood, focus, memory, and cognitive function.
9. Social interaction is important for brain health. Socializing with friends and family can help to reduce stress and improve cognitive function.
10. Mental stimulation is important for brain health. Doing activities such as reading, puzzles, and games can help to keep the brain active and reduce the risk of dementia.
11. Managing chronic health conditions is important for brain health. Conditions such as diabetes, high blood pressure, and high cholesterol can increase the risk of stroke, vascular dementia, and even Alzheimer's disease.
12. Avoiding alcohol and drugs is important for brain health. Excessive alcohol consumption and drug use can lead to cognitive decline and can increase the risk of brain diseases.
13. Managing depression is important for brain health. Depression can lead to cognitive decline and over time to many brain diseases.
14. Avoiding head injuries is important for brain health. Head injuries can lead to cognitive decline and can increase the risk of dementia.
15. It has been shown that those who volunteered had much better health and cognitive function throughout life, but especially later in life.