



ACTIVE MIND

Brain Health Pillar

BRAIN ● HEALTH
NETWORK

www.brain.health

Whether it's spending time with the family, finishing the crossword or learning to juggle, evidence is mounting that keeping your mind active will help you maintain your mental fitness.

The Global Council on Brain Health (GCBH) advises being socially active **and** mentally active.



Social Activity

- Focus on the friendships and relationships or activities you enjoy the most
- Maintain contact with people of different ages, including younger people
- If you find socialising difficult, start small by sharing a smile a day with someone or showing an interest in someone by asking how they are



Mental Activity

- There isn't a magic bullet – one activity that is known to be better than other for keeping the brain healthy – and so experts advise doing the things you like to do. And the more mentally stimulating activities you do, the better

The GCBH suggestions include:

- Tai-chi
 - Taking Photography Classes
 - designing a quilt
 - Investigating your genealogy
 - Juggling
 - Cooking
 - Gardening
 - Playing with grandchildren
 - Playing cards or chess
 - Learning to play a musical instrument
- The activities don't need to be intellectual – dancing, gardening and knitting all fit the bill
 - The jury is still out on the benefits of brain training, with some research finding that while people might improve on the skill they train, they don't do better on other mental tasks - the improvements may also not help them in their day-to-day lives (eg someone who does well on a number-based game won't necessarily find it easier to manage their finances)