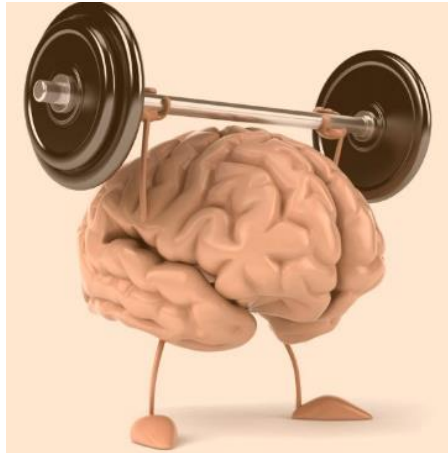


# Tips to Keep your Brain Healthy

The brain can change to improve thinking skills. But, we need to work for this positive brain change. Here are some tips:



## **(1) Use it or lose it**

- Cognitive skills include:
  - Thinking
  - Memory
  - Listening
  - Paying Attention
  - Language
- Using these skills makes them stronger
- Not using these skills makes them weaker

## ***(2) Use it and improve it***

- To improve a specific skill, you need to practice that skill
- A task should be hard, but not impossible

## ***(3) Specific activities matter***

- Do activities that are new and creative
- Do activities that are active not passive
- Make a passive task more active:
  - Watch a basketball game and write down points, fouls, time-outs
- Write things down:
  - Keep a diary - thoughts, goals, memories
  - Keep a list - plans, things to do, groceries
- Play games:
  - Crossword, Sodoku, riddles, puzzles
  - Scrabble, Pictionary, Taboo, Mad Libs, cards

- **Search** the internet:
  - Look for information about a person and write down their history
  - Look for personal interests
  - Learn to do something new (a craft or project)

#### ***(4) Repetition matters***

- Your brain needs practice *everyday*
- For example...
  - To get better at writing, you need to write everyday
  - You cannot write only 1 or 2 days

#### ***(5) Intensity matters***

- Effort and time will increase your skills
- It takes many hours to improve your brain

## **(6) Time matters**

- Now is a good time to start!
- Your brain will continue to change for a long time

## **(7) Salience matters**

- Do activities that are important to you
- Your brain will improve more
- Be social!
- Continue to do social things with others
  - Spend time with family or friends
  - Go to church
  - Volunteer in the community
  - Have a real conversation every day

**This is my plan:**