

# Tips to Level Up Your Brain Health and Memory Recall

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## TRY SOMETHING NEW

Creative hobbies can boost your brain. Learning a new hobby such as dancing, crocheting, painting, or baking can form new neural connections, strengthening memory, improving cognitive flexibility, and reducing the risk of dementia.



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## EAT BRAIN-RICH FOODS

Foods that contain essential nutrients such as omega-3 fatty acids, antioxidants, vitamins, and healthy fats are great for brain health. Some of these foods include leafy greens, berries, fish, avocados, eggs, nuts, and dark chocolate.



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## EXERCISE REGULARLY

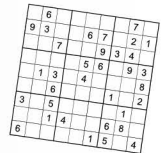
Exercise immediately increases blood flow and neurotransmitters such as dopamine and serotonin. For long-term memory, it increases the size of the hippocampus (for memory and spatial navigation) and stimulates the growth of new brain cells.



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## PLAY GAMES

Games such as sudoku, word puzzles, and board games stimulate memory and improve executive functions such as problem-solving, logic, and attention. This challenges the brain to build cognitive reserve and improve mental sharpness by forcing the brain to create new connections.



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## SPEND TIME WITH LOVED ONES

Social connections are crucial for keeping your mind sharp as they provide mental stimulation and reduce stress, fostering emotional well-being. This enhances your memory, verbal fluency, and processing speed and combats loneliness which is a major risk factor for decreased cognitive ability.



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## LEARN HOW TO PLAY A MUSICAL INSTRUMENT

This can stimulate brain activity and provide a full “brain workout” that increases neuroplasticity as it engages sensory, motor, and auditory areas simultaneously.



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## AVOID OVERCONSUMPTION

This includes excessive consumption of things such as sugar, ultra-processed foods, and alcohol. Overconsumption of these can cause chronic inflammation, disrupted dopamine and reward systems, impaired executive function, and brain shrinkage, leading to mental fatigue and cognitive decline.

