Tips for Maintaining Your Brain

How many of us put as much emphasis on exercising our brain as we do in exercising our body? Beverly Sanborn, LCSW, geontologist says, "Just as we build muscle strength to keep our bodies fit, we need to build cognitive reserve to keep our brains fit." There are things that can be done to help the brain build new neuro-connections and create cognitive reserve to draw on as we age.

1. **Eat Right – What's good for the heart is good for the brain.**
2. **Exercise – No avoiding it (at least 30 minutes per day).**
3. **Challenge Your Brain – Learn something that is new or a mental stretch.**
4. **Stay Social – Isolation and inactivity can lead to depression.**
5. **Reduce Stress – Chronic stress releases a cascade of hormones that eventually affects memory.**
6. **Sleep, Sleep, Sleep – Sleep deprivation disrupts the coordinated activity of an important brain network.**
7. **Be Present – Stop multi-tasking because older brains have a harder time quickly switching between tasks, hence the "senior moment."**