



How Healthy is Your Brain?



Lifestyle and Brain Health

✓ Lifestyle has a profound impact on your brain health!

- ✓ What you eat and drink
- ✓ How much you exercise
- ✓ How well you sleep
- ✓ The way you socialize
- ✓ How you manage stress

...are all critically important to your brain health.



Happy Brain Exercises

✓ Optimist versus Pessimist



- ✓ Start the day with a POSITIVE QUOTE
- ✓ Keep a "GRATITUDE JOURNAL"
- ✓ Become aware of your STRENGTHS & ASSETS
- ✓ Schedule frequent "BRAIN BREAKS" with fresh air or deep breathing
- ✓ Focus on the PRESENT
- ✓ Keep a POSITIVE VISION of yourself and your goal
- ✓ Be aware of what you have ACHIEVED already

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Sources: Cleveland Clinic, Psychology Today