

SOCIAL & MENTAL ACTIVITY TIPS



Keeping your brain active and challenged can help preserve its memory and processing speed. Implementing socially and cognitively stimulating activity in both mid and late life, has been shown to have protective effects.

Suggested activities include:

- Learning new skills (take an art, dance, music, cooking or craft class)
- Engaging in your community (volunteer at a school, serve on a committee)
- Playing games & making puzzles
- Socializing (host a gathering, have regular phone calls with family/ friends)
- Reading (newspapers, magazines, books, online articles)
- Writing (poetry, short stories, favorite family memories)
- Do something new (eat at a new restaurant, shop in a new grocery store)

“Humans are wired to connect and this connection affects our health. From psychological theories to recent research, there is significant evidence that social support and feeling connected can maintain a healthy body mass index, control blood sugars, improve cancer survival, decrease cardiovascular mortality, depressive symptoms, mitigate posttraumatic stress disorder and improve overall mental health” (Martino et al., 2017)