

# 8 Ways To Boost Brain Health & Improve Memory

As we become older, it's important to look after our minds as well as our bodies. Although most older adults are in good mental health, many seniors are at risk for neurological and mental health disorders, including dementia and depression.



The good news is that regardless of your age, there are proactive steps you can take to keep your brain healthy and reduce your risk of developing dementia, depression, or other mental conditions. Below are 8 practical ways to look after your mental health. Why not start today?

## Social Interaction



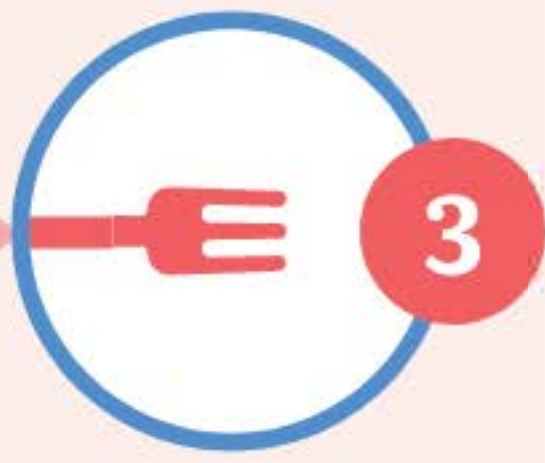
Seniors who participate in social activities and have engaging talks on a regular basis are less prone to develop depression and dementia. Invite loved ones to spend time with you, or contact them if they are far away, participate in neighborhood or religious group events. Maintaining these connections is one of the most efficient strategies to keep your spirits up and your mind occupied and engaged.

## Stay active



As the saying goes, a healthy body equals a healthy mind. If you want your memory to stay sharp, you must stay active and maintain your body in shape. There are several activities for seniors that might help them strengthen their memory and brain capacity. Exercise increases the amount of oxygen in the brain releases beneficial brain chemicals. Exercise reduces tension and helps you sleep better. Aerobic activity and resistance training have been shown to improve brain capacity and memory in adults over the age of 50.

## Healthy Diet



An active, healthy body is critical in maintaining an active, healthy mind. In fact, recent Alzheimer's research suggests that making certain lifestyle changes can do more to ward off memory loss than drugs or medical treatments. Eating a balanced, healthy diet, and enjoying physical activity such as walks or group exercise classes is a key way to maximize brain function and improve overall health. Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body.

## Relax and Take a break



Learning to relax by de-stressing and meditating are clinically proven ways to improve your memory. When we're calm, we think more clearly, we retain information better, and remember more. When we're stressed and agitated we tend to be more forgetful and make mistakes. Being calm makes for mental clarity.



## Learn Something New

Taking up a new hobby or skill as you age can boost both your cognitive performance and your sense of well-being. Learning a foreign language, for example, is a brain-stimulating activity that involves listening to and internalizing new sounds.

The same is true for new creative or physical activities - whether it's cooking, painting, tennis, or mastering a musical instrument you've always wanted to learn, establishing a new passion is a fantastic way to keep your mind engaged and learning.



## Have FUN!

Memory exercises for elderly loved ones don't have to be boring! Introduce games and memory exercises that call for evaluating and involve challenge.

Games can be an important form of cognitive training for seniors. Card games such as canasta or bridge or board games like chess offer brain-boosting power by stimulating higher functions in areas of the brain.

Playing games with others provides valuable social interaction which also stimulates memory and brain function.



## Take up Journaling

Journals are excellent memory exercises that stimulate thought, increase memory, and improve cognitive function.

Many seniors have a plethora of memories and experiences to share that can be recorded. Those who find it difficult to write can talk and record their diary entries.

The diary or notebook should also include everyday encounters and future plans. This not only improves your memory but also expands your future thinking and planning abilities. Both are important variables in boosting brain function and combating memory loss in the aged.



## Of people with hobbies

are less likely to suffer from stress, low mood, and depression. What do you love doing? Enjoying yourself can help beat stress. Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem.

## Thrive USA Home Care is Here to help

Thrive USA Home Care offers home care for those with dementia or Alzheimer's to provide everyday practical help, as well as emotional and social support. Our personal care coaches can help your loved one cope with their condition and any of the associated anxiety, depression, confusion, and isolation that often accompany the disease. As a result, they will be able to enjoy life more and regain some independence

We develop a care plan that is totally unique to your loved one, and we work hard to match your loved one with the proper caregiver or team of caregivers. We also ask you to participate in the selection process by holding one-on-one meetings. This will ensure the best experience possible, giving you peace of mind every step of the way.

We can be a stable, regular and compassionate source of care and support on a part-time basis, full-time or even 24/7. We also provide [respite care](#) if family caregivers need a break.

Talk To a Care Coach! Get a Free, No-Pressure Consultation Today!