



Six Pillars of Brain Health

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Real Possibilities

Disclaimer

This session is intended to be informational and educational and DOES NOT constitute medical advice, diagnosis or treatment.

You should always seek the advice of a physician or other qualified health care provider for diagnosis and treatment of your specific medical needs, for questions regarding personal health or medical conditions, and before beginning or changing any treatment, activity, program or dietary plan.

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Brain Health

GOOD NEWS

Regardless of our age, we can reduce the chance of age-related diseases & optimize our chance of maintaining cognitive health.

60-Minute Overview

Today, we'll discuss the six pillars of brain health:

- 1 Engage Your Brain
- 2 Be Social
- 3 Ongoing Exercise
- 4 Eat Right
- 5 Restorative Sleep
- 6 Manage Stress

Importance of Brain Health

Why is brain health more important than ever?

- Life expectancy
- Rethinking retirement
- Skyrocketing health care costs
- Current brain research

PILLAR ONE: Engage Your Brain

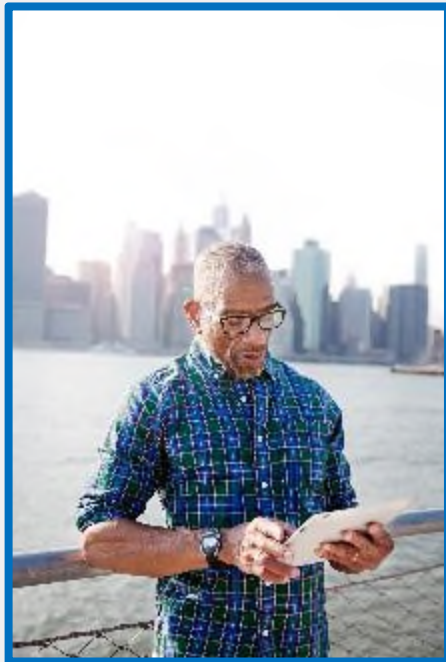
Learn New Things

- Challenge your brain in new ways
- Exercise your brain
- Pursue new interests
- Stay curious
- Challenge your thinking



PILLAR ONE: Engage Your Brain

Challenge Yourself



- Take or teach a class
- Learn a new language, dance or musical instrument
- Try complex arts & crafts
- Play challenging card or board games

PILLAR ONE: Engage Your Brain

Share Your Tips

How are you learning new things?



Stay Socially Engaged



- Stay engaged with friends, family & community
- Avoid isolation
- Enjoy the companionship of a pet
- Volunteer

Get Involved

- Join a club or participate in sports
- Attend community events
- Consider adopting a pet or pet sitting
- Volunteer with a local non-profit



PILLAR TWO: Be Social

Share Your Tips

How do you stay socially engaged?



Exercise

- Get a least 150 minutes of exercise each week
- Physical activity helps:
 - Repair & protect brain chemicals
 - Increase circulation
 - Reduce anxiety & improve sleep
 - Reduce the risk of diabetes, heart disease, depression & stroke



Talk to a health care provider before you start a new exercise program.

PILLAR THREE: Ongoing Exercise

Get Active

- Walking
- Dancing, Running, Swimming, Biking
- Strength Training
- Tai Chi, Yoga



PILLAR THREE: Ongoing Exercise

Share Your Tips

What are some ways you move & get exercise?



Eat A Brain-Healthy Diet



- Eat less meat & sweets
- Consume more:
 - Fish & seafood
 - Nuts
 - Beans
 - Grains
 - Leafy green vegetables
 - Olive oil

PILLAR FOUR: Eat Right

Brain-Healthy Foods



- Kale, spinach & broccoli
- Whole berries
- Vinegar, lemon, herbs & spices
- Salmon & sardines
- Walnuts & almonds

PILLAR FOUR: Eat Right

Share Your Tips

What do you eat as part of a brain-healthy diet?



Sleep Better

- Get enough sleep
 - 7-8 hours in a 24 hour period
- Practice good sleep techniques
 - Maintain a regular sleep wake schedule
 - Expose yourself to outdoor light during day
- Accept changes
 - Sleep is more easily interrupted
 - The body's internal clock shifts



Restorative Sleep



- Adjust caffeine intake
- Keep pets that disturb sleep out of the bedroom
- Restrict fluids and food three hours before going to bed
- Keep smartphones, TVs, electronics, out of the bedroom

Share Your Tips

What do you do to sleep better?



Manage Stress



- Exercise regularly
- Smile & laugh
- Distract yourself with music & reading
- Seek out green spaces

PILLAR SIX: Manage Stress

Manage Stress



- Confide in friends
- Be silent and still
- Take stretch breaks
- Limit screen time
- Take deep breaths

PILLAR SIX: Manage Stress

Share Your Tips

What do you manage stress?







PILLAR SIX: Manage Stress

Controlled Breathing Exercise



Risks or Threats to Brain Health

-  Smoking
-  Depression
-  Certain medication
-  Hearing & vision loss
-  Heart disease

Tips for Improving Memory

- Pay attention
- Avoid multi-tasking
- Establish a routine
- Take breaks
- Use calendars, reminders & alarms



Boost Your Brain in 24 Hours

- Be mentally, physically & socially active with special attention to diet, better sleep & stress reduction
 - Upon waking?
 - In the morning?
 - At lunch?
 - Early afternoon activity?
 - Late afternoon?
 - Dinner?
 - Evening hours?

What Can You Do Today?

- Pick one thing you can do that may help your brain
- Think of small, first steps such as:
 - Take a 10-minute walk
 - Add one serving of vegetables
 - Make an appointment for a health screening or physical exam
- Write down what you will do & when
- Get support from family, friends or community groups


CONCLUSION

Resources

AARP BRAIN HEALTH

stayingsharp.aarp.org

aarp.org/brainhealth



Global Council on Brain Health
A COLLABORATIVE FROM AARP


BRAIN HEALTH

AARP
Staying Sharp

Empowering people to have a healthier brain over their lifetime.

AARP Learn@50+

aarp.org/learnat50plus



AARP

Learn@50+SM
Workshops • Events • Webinars • Life Skills

ENJOY YOUR SOCIAL SECURITY BENEFITS
FIND YOUR CAREER/WORK ANSWERS
LEARN SOMETHING NEW

CONCLUSION

Continue the Journey

Explore the resources, information, and assessment on AARP's Staying Sharp page stayingsharp.aarp.org

The screenshot shows the AARP Staying Sharp website homepage. At the top, there is a navigation bar with the AARP logo and links for 'What is Staying Sharp?', 'What Do I Get?', 'The Science', 'Get Started', 'Login', and 'AARP.org'. Below the navigation bar, a prominent banner reads: 'Empowering you to take control of your Brain Health as you age. Explore this AARP member benefit today and get the Brain Health Assessment for FREE in April! Offer ends April 30, 2020.' A yellow 'GET STARTED' button is centered on the banner. Below the banner is a video player showing a woman wearing a blue shirt and a white helmet with a camera, standing on a city street. The video title is 'What is Staying Sharp?'. Below the video player are three columns of content: 'What is Staying Sharp?' with a lightbulb icon, 'What Do I Get?' with a pie chart icon, and 'The Science' with a lightbulb icon. Each column has a 'Learn More' link. The AARP logo is visible in the bottom right corner of the website screenshot.



CONCLUSION

Survey

**We welcome your feedback
on our session.**

Please complete the survey!





**Thank You For
Joining us!**

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