

June  
2021

# Brain Health

A healthy lifestyle now may  
help in the future.

Our life choices create patterns that help our brains code our thoughts and memories. The choices you make now have short-term and long-term effects on your brain health. Growing evidence suggests that adopting key lifestyle habits may reduce the risk of mental decline that is common with Alzheimer's disease.

Alzheimer's disease is a brain disorder that slowly impairs memory and thinking skills. Early signs include severe memory loss, muddled thoughts, and personality changes. Carrying out everyday tasks becomes difficult for victims. There isn't a clear way to prevent it, but there are good habits that can help keep your memory sharp and your brain healthy. What you eat and drink, how much you exercise, how well you sleep, the way you socialize, and how you manage stress are all important to your brain health.

It's all about finding the right balance of healthy habits that work for you. Your mental and social health play an important role in brain function. Leaving this pillar of health by the wayside can lead to stress, which is often linked to memory loss. Be good to your brain by connecting with loved ones. Talking with others and staying involved with social events keep your mind active.

You should also look at how often you move and what you are eating. If you eat smart, you may think better. Food rich in antioxidants can help your brain. If you aren't physically active, try to add a short walk to your day. Just as you exercise your body, you should also exercise your mind. Engaging in challenging activities like solving puzzles or learning new skills is good for your brain.

People with memory concerns should talk to a healthcare provider to find out what may be causing their symptoms. In the meantime, you can boost brain health by living a healthy lifestyle. Actions taken today affect your body tomorrow.



Source: [ALZ.org](https://www.alz.org), [MayoClinic.org](https://www.mayoclinic.org), [NIA.NIH.gov](https://www.nia.nih.gov),  
[HealthyBrains.org](https://www.healthybrains.org), [ClevelandClinic.org](https://www.clevelandclinic.org)

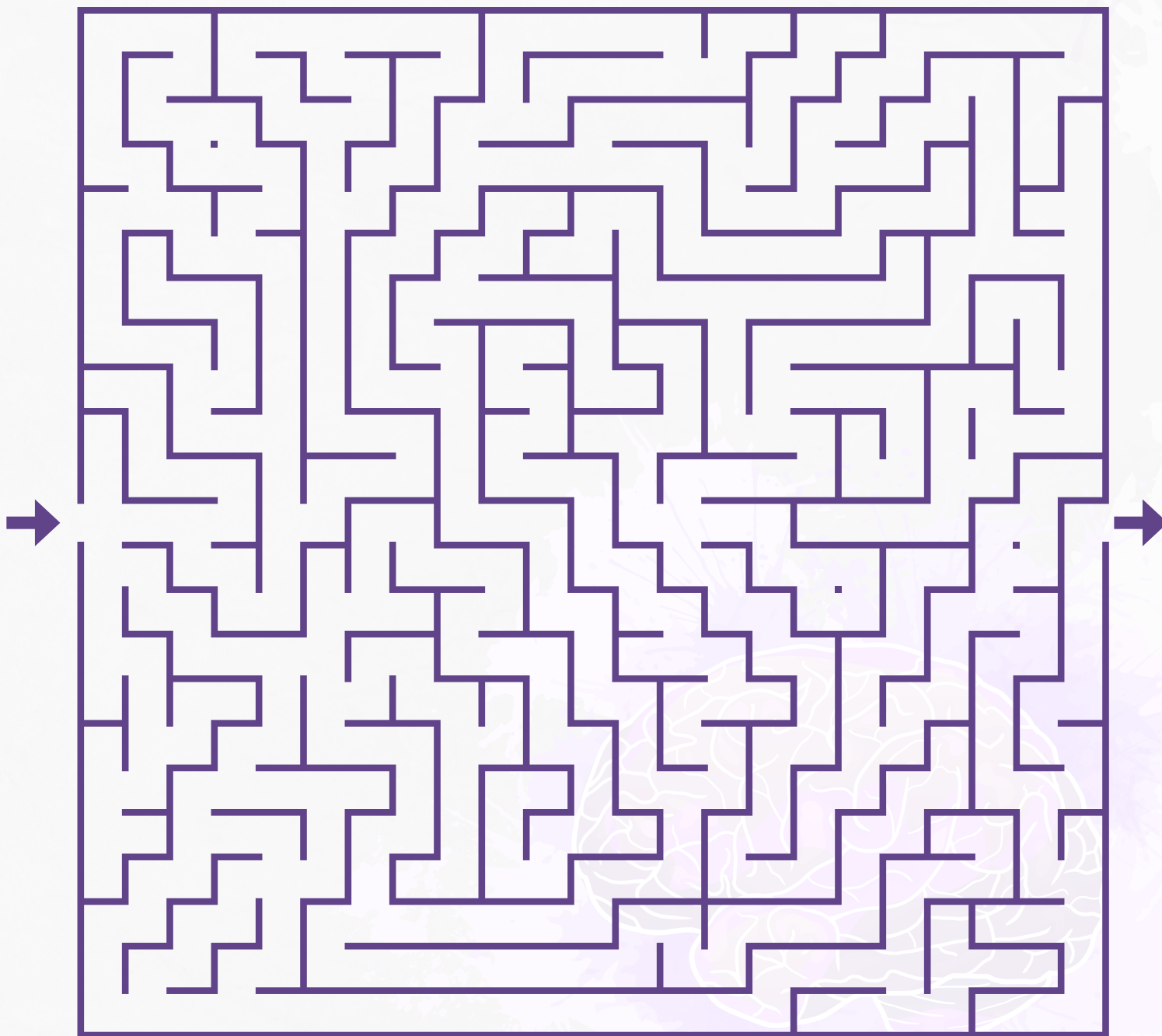


**STAY WELL  
HEALTH CENTER**  
Serving SoNM/LPB Employees  
Covered under a SoNM  
Employee Medical Plan

# Brain Health

A healthy lifestyle now may help in the future.

Keeping your mind active can sharpen your memory. Take a few moments out of your busy day to exercise your brain by solving the maze below:



Stay Well Health Center  
P: 505.827.2485 | F: 505.827.2486  
1100 S St. Francis Dr, Suite 1000, Santa Fe, NM 87505