

# Healthy Habits for a Healthy Brain

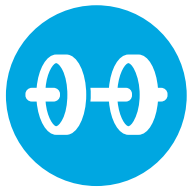


## 1 Nutrition

The brain is negatively affected by excess sugar, unhealthy fats, high salt intake and low fiber content of poor diets.

**Tip:** Try replacing refined sugars for 30 days, satisfy your sweet tooth with dates, monk fruit or applesauce.

**Tip:** Reduce salt by seasoning with herbs and spices (freeze fresh herbs in ice cubes).



## 2 Exercise

Poor blood flow, oxidative stress, and inflammation negatively affect the brain.

**Tip:** Take a walk. Studies show a daily 25-minute brisk walk reduces your chances of Alzheimer's by 45%.



25-minute brisk walk



## 3 Unwind

Altered dopamine and serotonin levels cause anxiety and depression.

**Tip:** Write in a journal for 20 minutes. Examine the things that cause you bad stress.

**Bad stress** is defined by activities that do not serve a purpose, do not have a clear direction or do not result in clear victories.

**Good stress** on the other hand is purpose driven, timebound and results in a clear victory or success.



## 4 Restore

While you are sleeping, your brain enters a different metabolic and processing state.

**Tip:** Go to bed at the same time every night for 7 days and get up 7-8 hours after. Condition your brain.

**Sleep** reorganizes your brain for the next day. It is the most important source of cleansing for your body.



## 5 Optimize

Cognitive reserve is the brain's intellectual store that may resist or offset damage and decline.

**Tip:** Have a structured conversation with a friend by phone or, better yet, invite them to walk and talk.

**Cognitive reserve** can be developed and sustained through life-long mental and physical activity.

Structured Conversation



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