



**Eating
Healthy**



**Sleeping
Well**



**Mental
Stimulation**



**Stress
Reduction**

**6 Tips
for a Healthy Brain**



**Social
Engagement**



Exercise



We care for **YOU** in **YOUR** community

VITRA Health is a company that helps people who take care of their family members at home. We know that caregivers face big challenges, both in terms of money and emotions. They often don't get paid for the hard work they do. Our goal is to make things easier for caregivers and make sure that families can stay together with the help they require.

www.VITRAhealth.com

Eating Healthy

Maintaining a balanced diet with fruits, vegetables, whole grains, lean proteins, and healthy fats is crucial for brain health. Try to include antioxidant-rich foods and omega-3 fatty acids in your diet.

Sleeping Well

Getting 7-9 hours of quality sleep each night allows the brain to recover, clear out toxins and consolidate memories. Try to establish good sleep habits and a regular sleep schedule.

Mental Stimulation

Challenging your brain with activities like reading, puzzles, learning new skills, and social interactions promotes cognitive function and will help to keep your brain healthy.

Exercise

Being physically active helps to improve blood flow to the brain and to promote the growth of new neurons. Aim for a minimum of 150 minutes (about 2 and a half hours) of exercise per week.

Social Engagement

Staying socially active by connecting with friends, family, and the community can support brain health. You can also try to engage in social activities such as volunteering or joining clubs.

Stress Reduction

Managing stress is essential for overall AND brain health. Try relaxation techniques like deep breathing, meditation, and engaging in activities that bring you joy.