

COGNITIVE WELLNESS WORKSHEET

Thinking and processing can be improved in many enjoyable ways. Brain games, physical activity and social engagement all boost your brain health, which leads to increased cognitive wellness. Visit your community center, senior center or local community college to see what programs are available to you and your family. Many libraries, universities, school districts and online outlets also offer adult learning programs covering a wide range of interests. You can also ask your healthcare provider for a referral to an occupational, recreational, art, music or physical therapist for more focused cognitive wellness programs.

Make the commitment to schedule activities that challenge your brain into your routine. Choose things and people you enjoy, pace yourself and remember to have fun.

Increase Physical Activity

- Consult with a physical therapist to develop the best, safest exercise program for you.
- Exercise three to five times a week. Personal trainers can motivate and help you stick to your routine.
- Don't exercise alone: involve your family or a buddy, walk in the park, go to a group exercise class. Getting to know others in exercise classes can provide a sense of connection and accountability to go.
- Yoga and tai chi give extra benefits of relaxation and improve balance.
- Dance and music add fun, joy and allow creative expression.

Flex Your "Thinking Muscles"

- Read or listen to documentaries, and/or books on tape.
- Do brain teasers, such as video games, word games, sudoku or puzzles.
- Play cards. Bridge, poker, euchre or solitaire are some examples.

Engage Socially and Creatively

- Attend support groups.
- Take an art, music, drama, crafting or dancing class.
- Attend a poetry or book group.
- Join or organize your own coffee hour, dinner group or movie night.