

5 DAILY HABITS SUPPORTING BRAIN HEALTH

Small habits. Stronger focus. Better long term brain health.

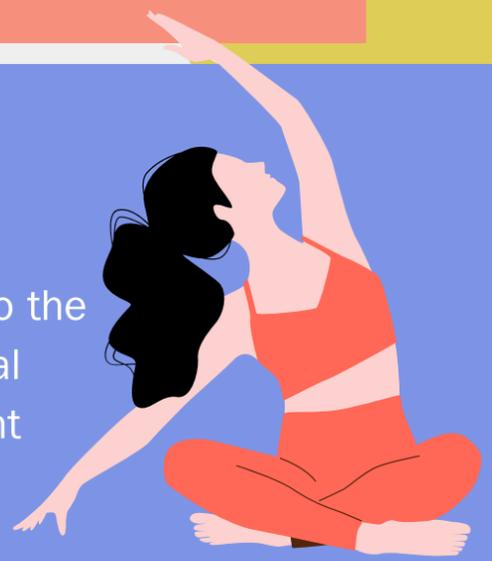


1 Eat for Brain Fuel

The brain relies on nutrients to function well. A balanced diet with fruits, vegetables, healthy fats, and adequate hydration supports focus and cognitive performance.

2 Move Your Body

Regular movement increases blood flow to the brain and supports concentration & mental clarity. Even short walks, stretching or light activity can help, when done consistently.



3 Challenge Your Mind

Mental stimulation helps keep the brain flexible & engaged. Reading, learning a new skill, doing puzzles or trying something unfamiliar can strengthen cognitive function.



4 Get Regular, Quality Sleep

Sleep allows the brain to repair, reset & organize information from the day. Going to bed & waking up at similar times each day supports brain health more than occasional catch-up sleep.



5 Protect Your Stress Levels

Chronic stress can interfere with memory, attention, and decision making. Short breaks, slow breathing, movement, and social connection can help the brain recover throughout the day.

