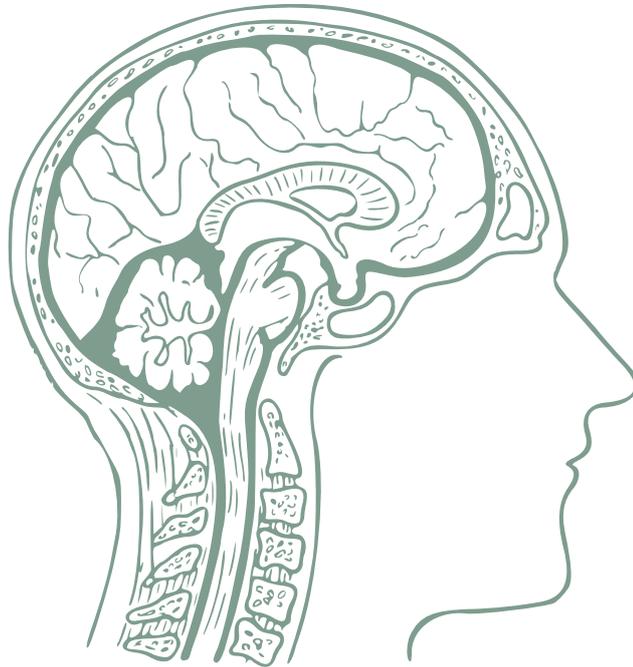


TIPS FOR A HEALTHY BRAIN



As we age, mild changes in cognition are normal. This is also known as cognitive decline. Some symptoms may include **slowed processing, forgetfulness, difficulty focusing** and/or **learning new information.**

There are actions you can take to slow the progression of cognitive decline and maintain a sharp mind!



LEIGH HARTER
SPEECH SERVICES

COGNITIVE SUPPORT STRATEGIES

Eat a healthy diet.

Eat a balanced diet full of fruits, veggies, proteins, and drink water daily.

Exercise frequently.

Exercise at least 20 minutes per day.

Keep your mind active.

Read books, play games, engage in new skills and hobbies.

Engage in social activities.

Volunteer, join a club, participate in hobbies with family/friends.

Manage stress.

Journal, meditate, exercise, and practice relaxation techniques.

Get enough sleep.

Aim for 8 hours of sleep per night.

Limit use of alcohol/ drugs.

Can lead to changes in memory, coordination, emotions, and cause cognitive decline sooner.

Create a safe environment.

Use non-slip rug pads, remove trip hazards, place heavier items on easy-to-reach shelves, and ensure there are well-lit hallways (nightlights)

WHEN TO SEEK HELP

You or a loved one are:

- Forgetting appointments or important events
- Having difficulty recalling familiar people's names
- Having trouble coming up with words in conversation
- Experiencing personality or mood changes



Cognitive tips for families:

- Eliminate or reduce distractions
- Be patient when speaking with loved one
 - Write to-do lists
- Use calendars for important dates and appointments
 - Set a routine to reduce confusion
- Keep important items in easily accessible/visible places
 - Reduce clutter in living environment
- Encourage a healthy lifestyle- engage in exercise, sleeping well, and healthy eating



KEEP YOUR MIND SHARP!

Cognitive activities are a fun way to help keep our mind active, improve memory, attention, executive functioning, and critical thinking skills.

Try the sudoku below by filling out the rows, columns, or squares with numbers 1-9. Numbers can not be repeated within the same row, column, or square.

7	6				3		1	
			9				3	
	8		7			1		
				1				4
		9		4	6		2	3
1	4	2				9		
				6	9			
		8	1					

Answers can be found on our website: Leighharterspeech.com

Try the word search below by finding all of the words on the right side of the page!

V	N	A	W	V	N	G	T	L	G	I	L	N	N
G	I	P	L	A	N	N	I	N	G	A	A	C	W
N	A	O	P	R	O	C	E	S	S	I	N	G	A
I	R	I	E	O	I	S	L	R	R	O	G	N	Y
W	B	T	L	S	X	G	A	A	O	H	U	A	R
O	E	O	T	T	G	Y	M	A	O	G	A	I	O
L	L	O	R	G	A	N	I	Z	I	N	G	W	M
L	S	P	E	E	C	H	T	S	T	L	E	L	E
A	O	R	I	E	N	T	A	T	I	O	N	L	M
W	F	O	C	O	G	N	I	T	I	O	N	N	Y
S	L	A	A	W	A	R	E	N	E	S	S	N	E
N	O	I	T	N	E	T	T	A	A	I	O	E	I
P	R	O	B	L	E	M	S	O	L	V	I	N	G
L	F	L	E	X	I	B	I	L	I	T	Y	A	M

ORIENTATION
 LANGUAGE
 PLANNING
 SPEECH
 SWALLOWING
 ATTENTION
 FLEXIBILITY
 PROCESSING
 AWARENESS
 PROBLEM SOLVING
 MEMORY
 COGNITION
 ORGANIZING
 BRAIN

Visit our website Leighharterspeech.com for more information, printables, and resources!

