



# South Central's Health on Blast

## Paying Attention to your Mind Health

Whether you are 25 or 75, it's always a good time to think about ways to keep your mind healthy. People with strong minds live a richer and more fulfilling life.

Your mind and body are powerful allies. How you think can affect how you feel. And how you feel can affect your thinking.

Your brain produces substances that can improve your health. These substances include endorphins, which are natural painkillers, and gamma globulin, which strengthens your immune system.

Studies have also revealed that individuals with a positive attitude toward life tend to become sick less often.

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## Ways to keep your Mind Healthy

**Get plenty of mental exercise-** give your mind a mental workout every day...Read, crossword puzzles, hobbies

**Don't forget physical exercise-** exercise increases blood-flow and oxygenates the brain

**Challenge your brain-**learning and experiencing new things is a great way to challenge your brain

**Eat healthily-** the connection between what goes in your body and how your brain performs is a strong one

**Supplement your diet the brain-healthy way-** Omega-3, Green Tea, Vitamin B, Water, Vitamin E



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**Stimulate Your Senses-** An experience that incorporates one or more of your senses serves to stimulate brain activity and help keep your mind sharp

**Be Social-** Having a strong social network reduces isolation and stress and stimulates the brain through shared learning experiences and emotional connections