

NATURE for BRAIN HEALTH

WHAT	HOW	↑	↓
Improve Diet and Nutrition	Use Herbs & Spices; More Vegetables & Fruit (less sugar); Buy organic; Grow your own	Antioxidants, Nutrients, Vitamins, Fibre for Regularity and Gut health	Malnutrition, Frailty, Vitamin deficiency & Weight loss
Increase Exercise and Movement	Outdoor activities such as Gardening, Sports, Green gym, Forest bathing, Lawn Games, Tai chi or Yoga	Strength, Balance, Agility, Brain- derived neurotrophic factor (BDNF) & Cerebral blood flow (CBF)	Frailty, Obesity, Agitation, Aggression and Inflammation
Get Good Sleep	Go outdoors daily for Dog walking, Cycling, Walking or Running	Daylight, Fresh air, Vitamin D, Normal sleep-wake cycle	Poor sleep, Weak circadian rhythms & Insomnia
Reduce Stress and Anxiety	Meaningful, enjoyable activities; Visit nature areas; Watch wildlife, Care for animals; Meditate outdoors; Soak in a Hot tub	Relaxation, Fascination, Play, Restoration; Peace and Quiet; Increased serotonin levels	Stress, Anxiety, Frustration & Distress; Reduced Cortisol
Stay Socially Active	Groups, Trips, Socials, Dances; Community Garden or Allotment	Cognitive stimulation and Improved Communication	Loneliness, Isolation and Depression
Challenge your Brain	Writing, Art, Drawing, Math, Puzzles, Reading and Creativity; Take a course; Play an instrument; Join U3A; Continue Learning	Improve memory, Increase brain cells; Build Cognitive reserve & Confidence; Maintain Life skills and Function	Boredom, Cognitive Impairment, Mental Decline & Behavioural Disturbance

Want to learn more?

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Healthy Brain Through Holistic Living

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