

THINK



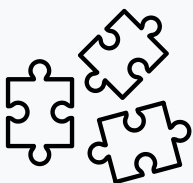
Exercising your mind with activities like puzzles and reading helps keep your brain sharp and improves memory and problem-solving skills. It's like a workout for your brain, keeping it healthy and active throughout life.

Goal: Dedicate 15 minutes to exercise your mind

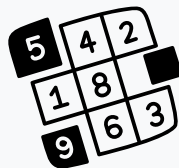
Being mindful has been shown to reduce stress, depression, anxiety, and chronic pain. One step toward being mindful is adopting non-judgmental and/or positive thought.

- Positive thinking builds confidence and encourages health and well-being
- Focus on positive accomplishments each day
- Take time to relax and reflect to reduce negative stress
- Attend a yoga class or take a mid-day walk to relieve built-up stress
- Take a minute to sit quietly, focusing on slowing your breathing and clearing your mind

Think Activities to Exercise Your Mind.



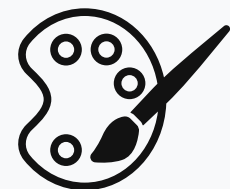
Put together a puzzle



Solve Sudoku or a Crossword Puzzle



Meditate or practice mindfulness



Artistic Activities like coloring or painting