

Activities for cognitive health



WAYS TO IMPROVE COGNITIVE ACTIVITY

- Stimulate your brain through:
 - leisure activities (reading, crossword, puzzles/sudokus, woodworking, visiting a museum, etc.)
 - work (beware of retirement!)
 - social engagement (volunteer work, politics, or other social involvement)
- Inspire your creativity (painting, music, writing, etc.)
- Keep learning new things such as a language, computers; go on cultural outings.
- Step out of your comfort zone – don't just do things that you're good at!
- Diversify your activities
- Explore cognitive stimulation programs

WAYS TO IMPROVE YOUR SOCIAL NETWORK AND MENTAL HEALTH

- Identify the friends and family members who you enjoy and with who you want to stay in touch. Make plans such as taking a class together or setting up a monthly call.
- Get out of the house or use technology to keep in touch.
- Keep up with your leisure activities; call old friends you've lost contact with.
- Beware of retirement! (Redefine yourself, avoid social isolation)
- Focus on the positive aspects of aging.
- Watch for signs of depression (fatigue, loss of appetite or interest, difficulty sleeping, loss of concentration) and seek help if necessary.

Source : *Les Stratégies de prévention cognitives*, 2022, Dr. Sylvie Belleville



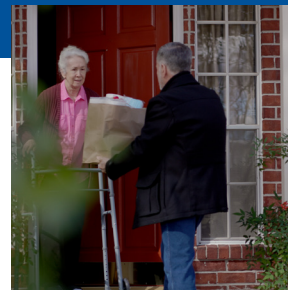
Join a walking group



Go on an organized trip



Join a reading group



Do volunteer work



Write your biography