

BRAINING SESSION

Workout your mind to unlock its full potential.

Having intellectual wellbeing improves your decision making, fosters creativity, improves problem-solving skills, enhances self-confidence and can even save your memory and cognitive function later in life.

There are exercises you can do to help improve your intellectual wellbeing and we've got you covered. Just like physical workouts, mental workouts can improve your health both now and in the future. Here are some ways to boost your intellectual wellness:

- **Read a new book** - Reading helps your mind relax and learn about new topics
- **Work on a puzzle** - It challenges your mind
- **Journal** - Journaling helps organize your thoughts and reduces stress.
- **Eat healthier** - Eating right helps fuel your mind with nutrients it needs
- **Travel to new places** - The novelty and creativity of travel can have lasting effects on neuroplasticity.
- **Experience the arts** - Art can help reduce anxiety and depression.
- **Get an adequate amount of sleep** - Sleep helps strengthen and integrate new information into long-term memory.

Try to add one of these into your daily routine to help enhance your intellectual wellness.

