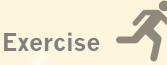




Emotional health, social, physical, spiritual, meaningful activities, yoga, meditation, and routine medical care are important to your well-being. To help further preserve your brain health, it is important to have a healthy overall lifestyle. Keep active and avoid highrisk behaviors. Doing these things will help you keep your brain healthy!



- SOME physical activity is better than NO physical activity
- REDUCEs sedentary lifestyle to REDUCE secondary health consequences
- IMPROVES mood, REDUCES risk of depression
- / IMPROVES memory and brain function
- ✓ HELPS to de-stress
- ✓ IMPROVES focus and goal attainment



Healthy Diet

Eat whole, unprocessed foods. Reduce white carbohydrates and sugars. Introduce variety into your diet. Aim for 7 servings of vegetables a day. Practice mindful eating.

Some brain healthy foods include:

Blueberries—they protect the brain from oxidative stress and reduce effects from age related conditions like dementia

Wild salmon—rich in omega-3, which is essential for brain function and contains anti-inflammatory substances

Nuts/seeds—good source o vitamin E which correspond with less cognitive decline

Avocados—promote brain health and contribute to healthy blood flow and lowers blood pressure **Broccoli**—rich in vitamin k, vitamin C, and choline (which will keep memory sharp)

Coconut Oil—anti-inflammatory, suppressing cells responsible for inflammation and can help with memory loss as you age.

Dark chocolate—chock full of flavonols, which have antioxidant and anti-inflammatory properties and can also lower blood pressure and improve blood flow to the brain and heart Sleep

- ✓ Get ENOUGH sleep
- ✓ REDUCE caffeine intake
- ✓ STAY on a schedule
- ✓ LIMIT napping
- ✓ LIMIT television
- ✓ USE alarm clock to keep same schedule
- ✓ INCREASE time outside and meaningful activities

Egg yolks—contain chloine, which helps in fetal brain development, and bethane, which produces hormones related to happiness

Extra Virgin Olive Oil—contains powerful antioxidants polyphenols which may improve learning and memory and reverse age and disease related changes, fights against ADDLs proteins that are toxic to brain **Green, leafy vegetables**—slows mental deterioration

and help fight inflammation

Rosemary—helps protect the brain from neurodegeneration and free radicals

Turmeric—boosts antioxidant levels, increases immune system, improves brains oxygens levels and keeps you alert to process information

Walnuts—improves cognitive health and mental alertness





Brain Injury Alliance

IOWA

Neuro Resource Facilitation Can Help YOU!

BIAIA's Neuro Resource Facilitation team can help survivors and caregivers connect to resources, programs, and education in their areas, to live a healthier life. Please contact us today!



Neuro Resource Facilitation

Dedicated to helping you choose, get, and keep needed services and supports

Helping to research answers to your questions about brain injury

Assisting to locate brain injury resources

Services available to people with brain injuries, their family members, and the professionals that work with them

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Citations: Brainline, TBI Model Systems of Care, Iowa Dept. of Public Health Healthy Living, Center for Disease Control and Prevention, American Association of Health and Disability, Building Healthy Inclusive Communities, Cleveland Clinic Healthy Brains, LIVESTRONG, and US Dept. of Agriculture