

Tips to Maintain Your Brain

Your brain is one of your most important organs—make it your priority!

Prevention keeps your brain healthy and will decrease incidence of heart disease, high blood pressure, diabetes and stroke.

Prevention:

- Don't smoke, drink excessive alcohol, or use street drugs.
- Keep body weight, blood pressure, cholesterol, and blood sugar levels within recommended ranges.
- Eat less fat and more antioxidant-rich foods.
- Exercise!
- Use car seat belts
- Decrease clutter- organize/clean your house
- Wear a helmet when cycling, skating, snowboarding, skiing, and horseback riding.
- Wear a helmet when on a motorcycle, ATV or on a scooter.
- Minimize stress.
- Establish a sleep routine.
- Establish a rest routine (during the day).
- Don't take risks!

Brain Exercise Suggestions

- Keep your brain active
 - read,
 - write,
 - play games,
 - learn new things,
 - do crossword puzzles,
 - engage in physical exercise.
- Be social—connect with others.
 - Do not isolate yourself
 - Get involved in a hobby
 - Attend support group
 - Volunteer
- Be aware of cognitive fatigue- manage your activities; recognize your physical and mental limits.

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