



THE OHIO STATE UNIVERSITY

Summary of Tips for Enhancing Well-Being

The Mind-body Connection: Caring for Both

Physical Health Recommendations:

- **30 Minutes of Physical Activity:** Engage in activities like walking, swimming, or gardening. Break this into three 10-minute sessions throughout the day to enhance digestion and brain function.
- **Strength and Balance Exercises:** Incorporate light strength training or balance exercises twice a week (e.g., chair exercises or yoga) to reduce fall risk. Look for community classes designed for older adults.
- **Mind-Body Practices:** Participate in tai chi or yoga for flexibility and stress reduction. Check local centers for beginner classes.

Mental Health Tip:

- **Mindfulness or Meditation:** Spend a few minutes daily on mindfulness practices. Focus on your breath for five minutes each morning to enhance relaxation and focus.

Keeping the Brain Active: Engage, Learn, Grow

Cognitive Stimulation Tips:

- **Daily Brain Challenges:** Solve puzzles or play brain games for 15 minutes daily. Invite friends for group games to boost social engagement.
- **Lifelong Learning:** Take online courses or join classes to learn new skills, fostering neural connections
- **Reading and Writing:** Stimulate cognition through reading or journaling. Consider joining a book club for shared discussions. .

Social Engagement Tip:

- **Stay Socially Active:** Engage in conversations and community activities to maintain brain health. Join walking clubs or discussion groups to meet others with similar interests.

The Power of Connection: We're Stronger Together

Social Engagement Tips:

- **Stay in Touch:** Schedule regular calls or video chats with family and friends, Use platforms like Zoom to connect, especially across distances.
- **Join Community Events:** Participate in local clubs or volunteer opportunities that align with your interests.
- **Rekindle Relationships:** Take the initiative to reach out to friends you haven't spoken to in a while.

Emotional Support Tip:

- **Join a Support Group:** Consider connecting with others facing similar challenges through community support groups.

Emotional Well-being: Building Resilience and Joy

Emotional Resilience Tips:

- **Practice Gratitude:** Keep a daily gratitude journal to boost mood and life satisfaction.
- **Find Joy in Daily Life:** Dedicate time each day to activities that bring you joy, such as gardening or painting.
- **Create a Routine:** Establish a daily schedule to enhance emotional balance and reduce stress.

Seeking Emotional Support:

- **Reach Out When Needed:** Consult professional if feeling overwhelmed. Discuss mental health resources with your healthcare provider.

Nutrition: Fuel for the Body and Mind

Nutritional Tips:

- **Eat Brain-Healthy Foods:** Incorporate omega-3 fatty acids and antioxidants into your diet (e.g., fish, leafy greens, nuts).
- **Stay Hydrated:** Aim for 6-8 glasses of water daily. Keep a water bottle handy as a reminder.
- **Moderate Sugar and Processed Foods:** Swap sugary snacks for healthier alternatives to maintain steady energy.

The Importance of Sleep: Restoring the Mind and Body

Sleep Improvement Tips:

- **Establish a Bedtime Routine:** Create a calming pre-bedtime routine to signal rest time (e.g., reading or deep breathing).
- **Limit Caffeine and Electronics:** Avoid caffeine in the afternoon and reduce screen time before bed. Switch to herbal tea in the evening.
- **Prioritize Sleep:** Aim for 7-8 hours of quality sleep nightly. Seek professional advice if sleep issues persist.