



MIND STIMULATING IDEAS

FOR SENIORS

Here at Loving Assisted Living, we are always bringing you information on senior health and senior lifestyles, today we are talking about mind-stimulating exercises for seniors, and how important it is to keep the mind working.

Exercising your brain or stimulating your brain is just as important as doing physical exercise, for seniors doing brain workouts will help to boost memory skills and thinking skills.



1 Exercise routine

When you exercise physically, you are also helping your mind too, as your body and mind are connected, so when you exercise physically it will benefit your brain as well as your body. Having a regular exercise routine will help your brain, even being consistent with a daily walking routine will help.

2 Read More

Reading more for seniors has a big impact on memory, with regular reading and writing, studies have shown that it can reduce the rate of memory **decline by over 30%**.



3 Writing

Writing helps to boost your brain activity, writing will also improve your working memory and your communication skills. It is not important what you write, but it is important to write as much as you can. You can write about your dreams, what you ate, some fond memories, or some favorite foods. It is important to have fun when you write.



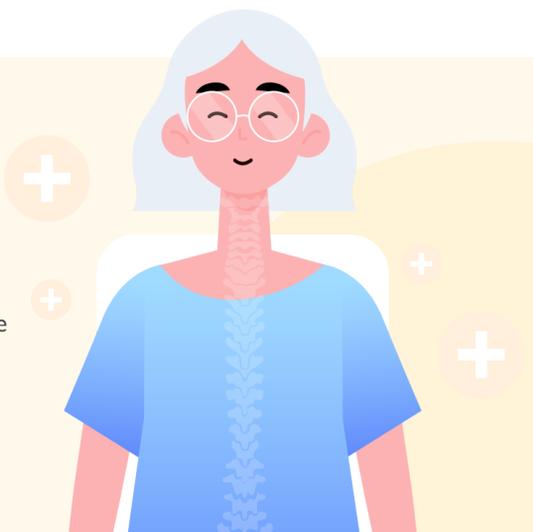
4 Feed The Brain Eat Healthy

Eating right for your body and your mind is important, but the brain needs healthy fatty foods such as fish and nuts will keep your brain healthy. Walnuts are high in protein and healthy fats, they help to clear the arteries, and lower blood pressure. Coffee and tea can help with alertness and your focus, as they are rich in polyphenols and antioxidants, caffeine also helps your memory.

5 Good Posture For Good Circulation

Having good posture, by sitting up straight will improve the circulation of your blood to your brain. When you sleep, if you sleep on your back or your side these are the best ways to sleep as it is less stressful on your spine.

While sleeping on your back, gravity will keep your body centered over your spine. When your head is in a natural position, the blood can flow easier to your brain.



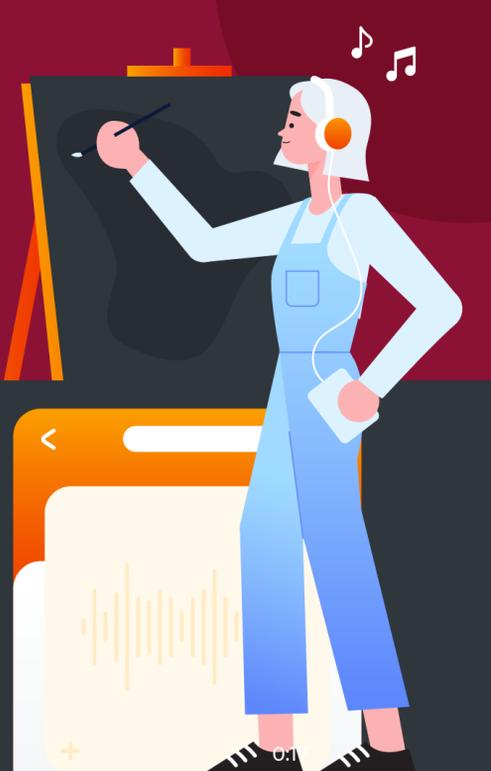
6 Sleep

Not getting enough sleep can increase the chances of long-term physical and mental health problems, sleep deprivation can reduce attention span, worsen one's memory, and it can affect your moods.

While you sleep regions of the brain help to remember newly learned skills and memories, this helps to recall things. Sleeping an average of at least 8 hours a night is recommended by the National Sleep Federation.

7 Intellectual Workout

Painting and drawing can be an intellectual workout, drawing on a piece of paper, or using an adult coloring book, or even just doodling on a piece of paper can help your brain. Playing games is another good way to have an intellectual workout, they can stimulate and sharpen your mind. Seniors who play chess, backgammon, cards, and scrabble are consistently working their brains.



8 Music

Listening to music or playing music can help with memory function, so not only is it enjoyable to listen to or play music it also has positive effects on your brain. Taking music lessons is great for your brain, but if you are not musical, listening to music can also help you remember moments in your life, or take you back to a time in your life, this is also known as music therapy.



9 Learn a New Language

Learning a new language is very beneficial, it will improve your cognitive function, there are plenty of apps or courses that you can take online. Learning a new language online virtually has never been so easy and convenient, and is a great way to stimulate your brain.

10 Hobbies

Stimulating your brain by learning a new craft or finding a new hobby will eliminate boredom, and change up your daily routine. Learning new recipes, or learning new computer skills, or learning to do new things, will keep your brain sharp. Learning such things as carpentry, sewing, cooking, photography, swimming, golf or gardening are great ways to do mind-stimulating activities.

