



TBH Focus

Spirit | *Socialize*

- A robust social life can contribute greatly to brain health.
- Spending time with other people requires focus, quick thinking, and memory skills, and often involves activities that are intellectually engaging.
- Social support lowers depression risk and emotional distress, both of which can interfere with learning and memory.

The TBH Science

There's no better way to celebrate learning easy and effective ways to boost brain health, rev up recall, and lower the risk of dementia and other memory problems than with a party. Getting together with classmates is a wonderful way to tap into the mental and emotional payoffs of socializing: Remember, a Harvard School of Public Health study found that folks who don't spend much time with other people had a higher incidence of memory problems after six years than did their social butterfly peers. And hanging out with others requires us to focus and to stay intellectually engaged—whether we're hotly debating current events or commenting on the cupcakes.

This gathering is also an opportunity to reflect on the information that's been shared in previous activities, which has its own benefits. Being aware of the things we can do to keep our brains buff and our mental skills intact provides a head start on accomplishing those very goals. Studies have found that knowing how to stay sharp increases self-efficacy—confidence in our ability to live a brain healthy lifestyle. Let's party!

You Will Need

- “Class Party!” worksheets (see Resources)
- Brain healthy foods
- Party supplies and decorations



- Open with a discussion of what participants have learned in previous activities. Invite folks to talk about what they plan to do going forward to maintain brain health.
 - Use the Class Party! Worksheets to discuss how folks can stay brain healthy going forward.
 - Present awards and gifts (if giving).
 - Enjoy the party!
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Simply knowing what it takes to keep your brain healthy can help you to achieve that very goal! Research shows that knowing how to stay sharp increases self-efficacy and confidence. Take a few minutes to jot down as many brain-boosting activities and habits you can think of. Next, congratulate yourself on what you've learned. And finally, think about which habits you can incorporate into your daily lifestyle. Congratulations on committing to living a brain healthy life!



Resources

See the Resources section of your online Toolkit for all worksheets, links, and additional materials for this activity.