



## CLASS 20 | CLASS PARTY WORKSHEET

### Maintain Your Brain

**DIRECTIONS:** *Here are some tried and true tips for maintaining better brain health going forward from today. You can go over these tips as a group in class, or use this worksheet at home as a reminder of how you can maintain your brain.*

**Make Better Brain Habits Routine.** Only you can integrate brain wellness into your life. Be sure to make the better brain habits you learned in these classes part of your everyday routine. As you use the habits more and more often they will become automatic and easier.

**Stay Engaged!** The TBH ACTIVITIES program has shown you many different ways you can promote your brain fitness by staying engaged across the many dimensions of wellness – physical, intellectual, and spiritual. Continue to look for opportunities to stay engaged, both through things you already enjoy doing, as well as through new activities to try.

**Beware of Changes in Your Life.** When life changes, so do the demands on your brain health. Change can be distracting and make it harder to remember things around that time, being aware of this fact can help you be more sensitive to maintaining your brain health at those times.

**Practice Positive Thinking!** We will never do well at things we don't believe we can do. Be positive about your brain fitness. When you indulge in negative thinking, you will be less likely to maintain healthy brain healthy habits. Some researchers even go so far as question whether this lack of confidence in our brain's ability is one of the main reasons older adults may experience more forgetfulness. As Henry Ford once said, "whether you think you can or whether you think you can't, you're right."