

Tips for Better Brain Health

The Victory Summit® - Tucson: Navigating Depression, Anxiety & Other Difficult Emotions
Maya Katz, MD, University of California San Francisco



Keep Learning



**Practice Gratitude
Therapy**



**Eat a Mediterranean,
Organic Diet**



Be Creative

Draw, write, make music



Do a Daily Brain Workout

Crosswords, Sudoku,
jigsaw puzzles



Smile More

It's yoga for the face



Practice Mindfulness

10 min/day to strengthen
brain's "calm circuit"



Get Enough Sleep

8 hrs/night



Drink Coffee/Tea

Caffeine is Good
for the Brain



**Laugh Out Loud
Every Day**



**Improve Your
Balance**

Try Tai Chi or Wii Fit



Stay Social

Connection is Protection



Exercise Every Day

- » 150 min/week of moderate intensity physical activity
- » Aerobics, stretching, strength & balance



**Set a Positive Intention
Every Morning**

For additional resources, visit dpf.org.