

# Brain Health for Teens: What You Need to Know!

## Science: Why It Matters?

**Your brain runs on what you eat!** Omega-3s keep it strong, antioxidants fight stress, and too much sugar slows you down.

**Moving your body = moving your brain!** Exercise builds stronger brain connections, boosts mood, and helps you think faster.

**Sleep is your brain's reset button.** It clears out toxins, locks in memories, and boosts creativity. **Less sleep = harder to focus.**

**Stress shrinks your brain** and makes it harder to focus. Mindfulness builds brain strength, improves mood, and lowers anxiety.

**Challenge your brain** to keep it sharp! Learning new skills strengthens *neural plasticity* by building stronger connections and **protecting** against cognitive decline.

## Solution: What To Do?

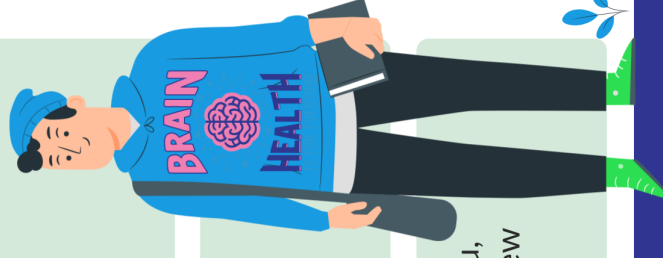
Power up with salmon, walnuts, and berries. Swap soda for water—just 1% dehydration can impact your focus!

**Get active**— dance, run, or jump rope! *Short on time?* A quick walk or a few minutes of stretching can still give your brain a boost.

Recharge with **8–10 hours of sleep.** Power down screens before bed and try deep breathing to relax (4-7-8).

**Take a brain break**—breathe, journal, or unplug for **5 minutes** to reset your mind.

**Train your brain**—play chess, Sudoku, or memory games. Try something new to boost flexibility!



## Take Charge of Your Brain Health Today



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