

Daily Brain Health Tips October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrating 	Our Second 	Anniversary 	With Our 	Growing Virtual 	Community! 	
2 Eat the color of the rainbow today with your fruits and vegetables!	Active Aging Week 3 Take a nature walk. <i>World Habitat Day</i>	Active Aging Week 4 Relax and play with your pets. <i>World Animal Day</i>	Active Aging Week 5 Do something nice for a friend or neighbor. <i>National Do Something Nice Day</i>	Active Aging Week 6 Learn the signs and symptoms of depression. <i>National Depression Screen Day</i>	Active Aging Week 7 Smile at everyone you meet today! <i>World Smile Day</i>	Active Aging Week 8 Challenge your brain by learning to play chess! <i>National Chess Day</i>
Active Aging Week 9 Send a friendly note or card to someone.	10 Calm your mind by learning to meditate. <i>World Mental Health Day</i>	11 Enjoy a handful of brain healthy walnuts.	12 Try gentle yoga for strength and flexibility. <i>World Arthritis Day</i>	13 Learn from your challenges and mistakes. <i>International Day of Failure</i>	14 Keep a gratitude journal to record all the blessings in your life!	15 Practice good hand washing techniques. <i>Global Hand Washing Day</i>
16 Donate to a local food bank. <i>World Food Day</i>	17 Take a brisk walk to benefit your body and brain!	18 Experiment by adding spices to your meals in place of salt.	19 Make a new friend today! <i>National New Friends Day</i>	20 Stay hydrated even though the weather is turning colder.	21 Try challenging puzzles or math problems. <i>Celebration of the Mind Day</i>	22 Volunteer for your favorite charity. <i>National Make a Difference Day</i>
23 Take a brain break and listen to your favorite music!	24 Make sleep a priority in your life.	25 Don't neglect your routine health maintenance checkups.	26 Roast pumpkin seeds for a brain-healthy snack. <i>National Pumpkin Day</i>	27 Add strength training to your exercise routine.	28 Treat yourself with some dark chocolate! <i>National Chocolate Day</i>	29 Learn to recognize the signs of a stroke. <i>World Stroke Day</i>
30 Add cinnamon or nutmeg to your tea/coffee/cider instead of sugar or sweetener.	31 Try deep breathing exercises to control fear and anxiety. <i>Halloween</i>	Prioritize 	Your 	Daily 	Brain 	Care! 



JOIN OUR FREE ACTIVE AGING WEEK EVENTS OCTOBER 3 – 9, 2022 FOR MULTIPLE WAYS TO KEEP YOUR BRAIN AND BODY ACTIVE!