

# RESILIENCE

## STRENGTHENING YOUR BRAIN AGAINST LIFE'S CHALLENGES

Building a resilient brain involves a combination of various lifestyle choices and habits that support the growth, development, and maintenance of your brain's health and well-being.



### ENOUGH SLEEP

Sleep is essential to the brain's ability to consolidate memories and repair itself. Aim for 7-9 hours of sleep each night and establish a regular sleep schedule.



### EXERCISE REGULARLY

Regular exercise has been shown to improve memory, attention, and processing speed. Move at least 30 minutes per day.



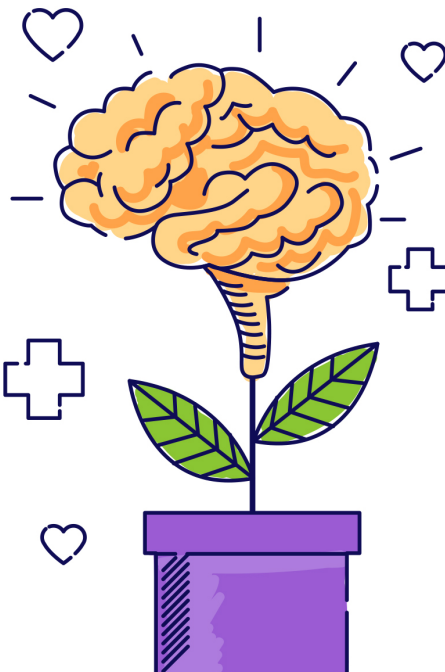
### EAT A HEALTHY DIET

A healthy diet that is rich in nutrients supports the brain's health and resilience. Eat leafy green vegetables, tree nuts, and whole grains.



### MANAGE STRESS

Chronic stress can have a negative impact on the brain's health and resilience by damaging brain cells and impairing cognitive function.



### CHALLENGE YOUR BRAIN

- Engaging in cognitively stimulating activities can promote the growth of new brain cells and strengthen existing ones.



### BUILD SOCIAL CONNECTIONS

Building social connections with others can promote the brain's resilience by reducing stress and providing opportunities for cognitive stimulation. Get involved.



### PRACTICE MINDFULNESS

Be in the present moment. Mindfulness has been shown to reduce stress, improve mood, and increase cognitive flexibility.



### MANAGE EMOTIONS

Emotion regulation has been linked to better cognitive function and resilience in the face of stress. Try different techniques like deep breathing or cognitive reappraisal.



### GET PROFESSIONAL HELP

Seeking professional help can be crucial to building a resilient brain, particularly for those dealing with mental health issues.



### PRACTICE SELF-CARE

Take brain breaks throughout the day, engage in "B.R.A.I.N. C.A.R.E." activities such as exercise or hobbies, and prioritize rest and relaxation.

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