

Habits to improve brain health



Get active

Improve your mood with any kind of aerobic activity. Even 10 minutes a day will make you feel refreshed and help you focus better.



Sleep

Sleep deprivation can lead to problems with memory and cognition. Make sure you get enough sleep to stay sharp.



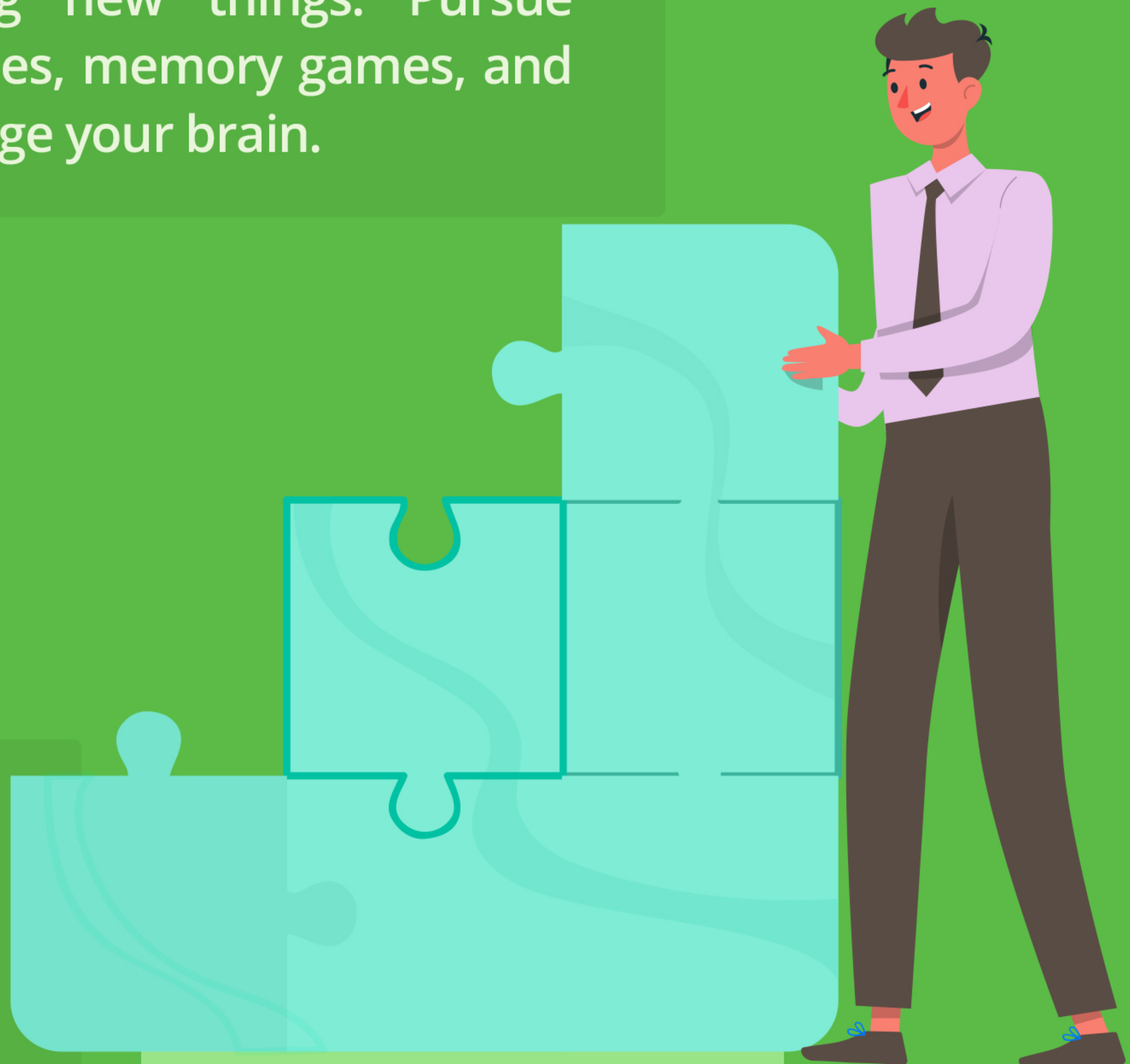
Go back to school

Fight cognitive decline and dementia by pursuing any kind of formal education. Upskill to broaden your horizon and boost your brain power.



Exercise your brain

Improve memory recall and problem solving by trying new things. Pursue hobbies like puzzles, memory games, and reading to challenge your brain.



Stay hydrated

A parched body cannot function at optimal levels. Support brain health by making it a point to hydrate.



Control your emotions

Extreme emotional reactions can be detrimental to your health. Practice mindful meditation or yoga to improve coordination and to calm your mind.



Limit multitasking

Stop doing too many things at the same time. Multitasking increases brain fatigue, stress and reduces mental productivity.



Get social

Build your social network. Go out, meet people, interact to learn new things and to stay connected to the world around you and to overcome depression and anxiety.



Encourage your employees to adopt a brain-healthy lifestyle with Wellbeing on the Web



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