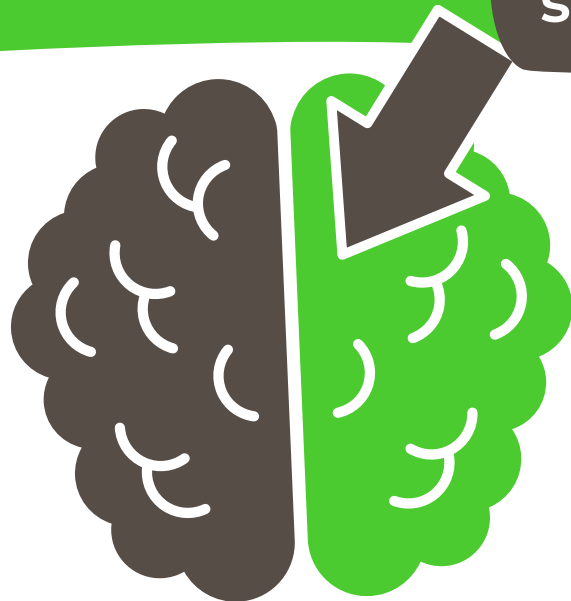


B.F.F

Brain Friends Forever!

swipe right



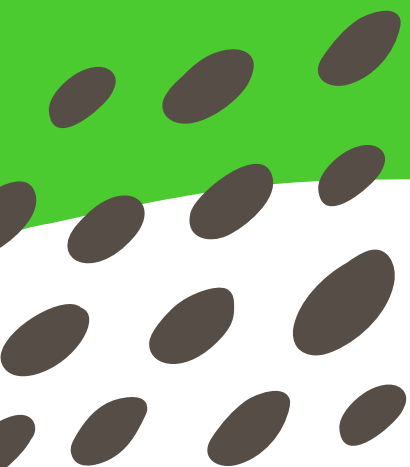
New Challenges

- ✓ Learning languages, skills, instruments etc.
- ✓ Brain teasers and puzzles



Brain Foods

- ✔ **Feed your brain its favourite foods**
- ✔ **Fish, berries, green veggies, walnuts, avocados, dark chocolates**



Daily **D.O.S.E.** of Happy Hormones

- ✓ **Dopamine:** Listen to music, complete a task, eat good food
- ✓ **Oxytocin:** Give compliments to your colleague, play with pets, talk to a friend
- ✓ **Serotonin:** Meditate, exercise, bask in the sun
- ✓ **Endorphin:** Laugh out loud and make others laugh too



Anti-ageing Brain **habits**

- ✓ **Routines: Exercise, walk or meditate**
- ✓ **Hydrate: Keep your brain juices flowing**
- ✓ **Sleep: Aim for 7-9 hours per night**
- ✓ **Connect: Stay socially active. Make that phone call to family and friends**



Wellbeing on the Web (WoW) offers doctor consultations, nutritionist advice, meditation sessions, and more to help employees and their families in keeping their brain healthy.



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



Finance guide



Newsletters



Self-assessments



Live classes



Articles



Videos



Webinars