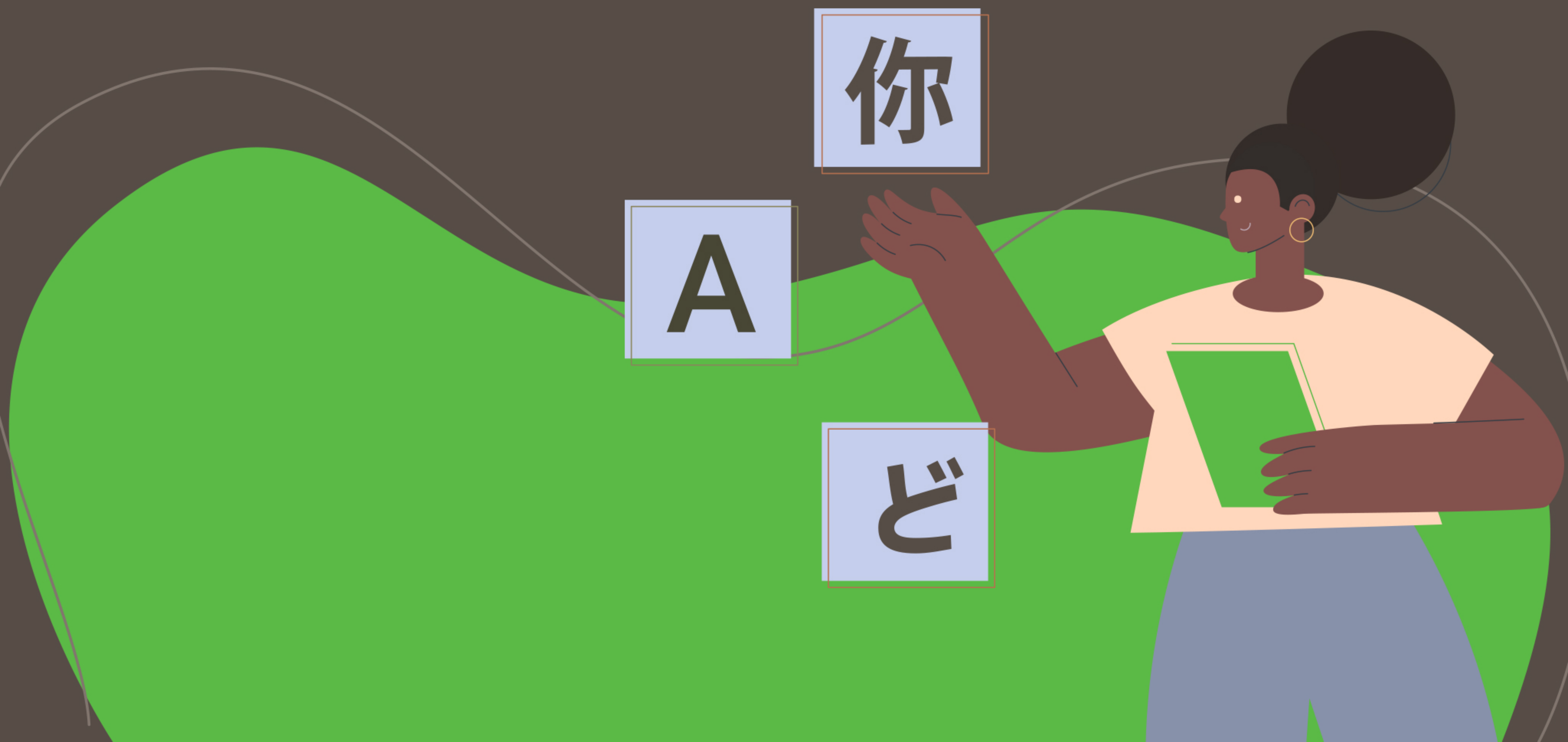


# Proven ways to increase your intellectual wellness



## Learn a new language

Trying to understand and communicate in a new language expands your mind, your vocabulary and improves your memory.



## Set a goal

Staying focused on something and working consistently towards a achieving goal is a great way to keep your brain active and engaged.



## Be more social

Make social connections, particularly face-to-face meetings a priority. Quality time with other people, especially loved ones will energise you, help you de-stress and boost your mood.



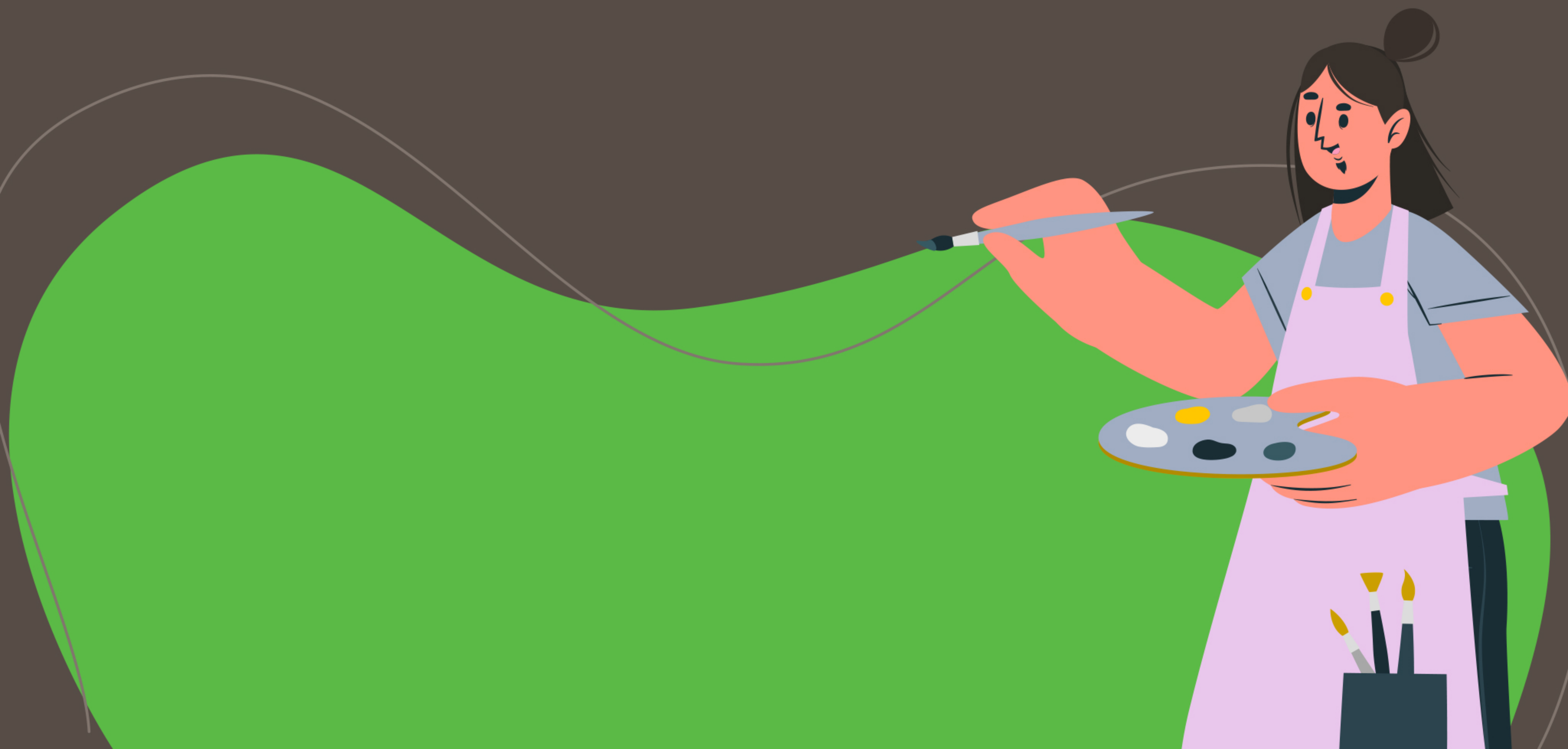
## Get enough sleep

Never underestimate the benefits of good sleep. Since it provides the mind the best way to recharge and rejuvenate.



## Get creative

Creative pursuits are akin to meditation. They keep you focused and help control your emotions and induce deep relaxation.



## Increase physical activity

Being active is great for mental health as it boosts your brain power and co-ordination. From yoga to joining a gym, walking or Zumba, choose any activity that you prefer.



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