CARE / DR. CHAPMAN / FIVE BRAIN-HEALTH TIPS

5 ways to protect and strengthen your brain

A few small habits to give your brain a better day.

START HERE

Your brain can change at any age. How you use it matters as much as how you care for it.

01 Guard your sleep

Aim for at least 7 hours. Try turning in 15 minutes earlier and unplugging from tech an hour before bed.

02 Take brain breaks

Take five 5-minute breaks in your day. Sit quietly, walk or stretch; a little space can help you return with fresh focus.

03 Single-task

Pick two priorities that need real thought. Give each up to 45 minutes without switching between tasks.

04 Think in new ways

Find seven possible answers to a problem, including the unexpected ones. The point is to stretch how you think.

05 Stay connected

Make time for meaningful connection. Compassion and social connection are part of caring for your brain.

THE DAILY HABIT / 2 + 5 + 7

Two deep-focus priorities. Five brain breaks. Seven new ideas.

Adapted from the Center for BrainHealth five-tip handout.

The Beautiful Brain is not a medical practice and does not give medical advice.