

## BRAIN HEALTH BOOST



### Building Brain Healthy Resilience During a Time of Change

*The Brain Health Initiative (BHI) is working to develop brain healthy communities, creating a culture that promotes brain health protective factors and decreases risk factors, thereby improving brain health, optimizing brain performance, and fighting brain illness across the lifespan for the Florida Suncoast region and beyond.*

An important component of promoting brain and body health, and fighting brain and body illness is finding healthy ways to cope and stay connected. There are many tools and resources available for managing stress and building resilience as you adapt to any temporary changes in the way you live, learn, work, and spend time together.

#### WHAT YOU CAN DO TODAY TO PROTECT YOUR BRAIN HEALTH

Here are five tips for staying connected and building resilience.

1. **Get five daily Brain Health Boosts.** Good-for-you foods, a good night's sleep, thinking positive thoughts, writing down something you are grateful for, and a good amount of exercise every day, for example, can help manage stress while protecting your brain and body health.
2. **Stay connected.** Reach out to family and friends, colleagues, and community groups in whatever way you can—calls, texts, emails, video chats, safely in person.
3. **Spend time in spaces where negative news is not the focus.** Don't let negative situations take over what you read, watch, or talk about. Turn off the TV and don't be afraid to ask friends and family to talk about something else.
4. **Monitor your anxiety levels.** Everyone's reaction to stress is different. Normal reactions to stress may include difficulty concentrating or sleeping, irritability, fatigue,

and even stomach pain. But if you find that persistent anxiety is overwhelming your ability to cope with everyday life, reach out to a medical professional for help.

**About the Brain Health Initiative ([www.brainhealthinitiative.org](http://www.brainhealthinitiative.org))**

The Brain Health Initiative (BHI) is a cutting-edge, new approach to protecting brain health, optimizing brain performance, and fighting brain illness across the lifespan. The BHI is a collaborative effort with Massachusetts General Hospital, a Harvard Medical School Teaching Hospital, to build brain healthy communities through education, collaboration, research, innovation, and action, with a specific focus on *brain health promotion, prevention, early detection, evidence-based intervention and optimization of performance*. The BHI is creating a culture that promotes brain health protective factors and decreases risk factors, thereby improving brain health and optimizing brain performance outcomes for the Florida Suncoast region and beyond. Join the brain health movement, ***because brain health matters, and lifestyle makes a difference***. To view all Brain Health Boosts [click here](#).

## COMING NEXT...

### Today April 9, 2020:

- **Meaning and Purpose – A COVID-19 Mental Health Survival Guide:** Join Harvard Medical School Affiliate, Dr. Christopher Palmer, director of McLean's Department of Postgraduate and Continuing Education, on Thursday, April 9, 2020 at 4 pm EST as he discusses strategies for giving your day-to-day life more meaning, structure, and purpose to help combat feeling overwhelmed by the coronavirus pandemic. Register [here](#).
- **Brain Health Boost:** 7 pm Facebook Live, sponsored by Lakewood Ranch- [Keep Calm and Carry on Community Meditation](#) (recorded and can be viewed anytime)

### Tomorrow April 10, 2020

- **Brain Health Boost:** Music and Film to Boost Brain Health: Hope, Goodness and Renewal
- **Brain Health Boost:** Listen to a [podcast on the impact of spirituality, meaning and purpose on brain health](#), hosted by the Academy for Brain Health and Performance and featuring neurotheologist, Dr. Andrew Newburg.
- **Brain Health Boost:** 10 am: Facebook and Zoom Live, sponsored by Lakewood Ranch: [Fit Tip Fridays and Fit Tips for Kids](#)