



The Primary Health Awareness Trust

1. Stay physically active - regular exercise increases blood flow to the brain.
2. Prioritize sleep - deep sleep helps consolidate memories.
3. Eat a brain-healthy diet - include fatty fish, berries, and leafy greens.
4. Practice mindfulness or meditation daily to reduce stress.
5. Stay socially connected - social interaction sharpens cognitive skills.
6. Challenge your brain with puzzles, games, or learning a new skill.
7. Stay hydrated - even mild dehydration can affect cognition.
8. Limit alcohol and avoid smoking - both can impair memory.
9. Manage stress - chronic stress can shrink brain regions related to memory.
10. Take short breaks - regular pauses improve focus and retention.
11. Try memory techniques like visualization and association.
12. Read regularly to stimulate mental activity.
13. Maintain a consistent daily routine for better mental clarity.
14. Get regular checkups - conditions like diabetes and hypertension affect brain health.
15. Take omega-3 supplements if your diet lacks healthy fats.