

# 10 ACTIVITIES THAT ENHANCE THE BRAIN

## Exercise

- Aerobic (w / oxygen) running, walking, swimming, dancing
- **Benefits:** memory, alertness, mood, new brain cells, decrease hunger, improve learning. increase dopamine, serotonin, epinephrine, BDNF (brain-derived neurotrophic factor) miracle grow for the brain to stimulate learning emotions, and thinking

## Laughing

- **Benefits:** Increase inflammation, improves sleep, releases endorphins, enhances problem solving, neuro/immune system
- Use for coping with stress
- **Strategies:** keep a humor file, practice telling jokes, read about comedian lives

## Sleep

- 7-9 hours of sleep
- Light, alcohol, phone alerts, caffeine, stress, worry, sleep disorders disrupts sleep
- Exercise, melatonin supplement, low light, relaxation techniques improves sleep
- Functions: weight and emotions regulation, creativity, long term memory, clear mental wastes

## Networking/Socializing

- **Benefits:** synaptic connections, better neural pathways & plasticity, IQ, emotional intelligence, improves memory, thinking speed, & visual perception
- **Strategies to Improve Social Intelligence:** increase vulnerability (leads to trust & connectivity), find common ground, work & "play" together to build community, be adaptable

## Sex

- **Benefits:** releases oxytocin (trust, bond hormone), burn calories releases DHEA & Estrogen (improves skin health), stimulates memory, decrease pain calming
- Love or strong feelings must be present

# 10 FOODS THAT ENHANCE THE BRAIN

## Fats

- **Types:** Omega 3\*-6-9, phosphatidylserine
- **Benefits:** brain cell flexibility, cell-cell communication,
- Increases neurotransmitter production for cell-cell communication
- Bad fats-trans, saturated
- **Good Fat sources:** See e-book

## Chocolate

- **Benefits:** Dark chocolate has antioxidants, increases blood circulation, decrease stroke.heart disease, induces feeling of live (PEA), better mood (serotonin and endorphins)
- **Cons:** some has too much sugar or caffeine

## Coffee

- **Benefits:** 1-2 cups can boost mental & physical performance
- **Cons:** Caffeine stays in the body 6-12 hours interrupting sleep, can exacerbate anxiety, can decrease blood flow to the brain

## Sugar

- **Benefits:** Main energy source for the brain, improves brain
- **Cons:** Too much or simple sugars leads to insulin resistance (diabetes, decrease brain functioning emotional problems)
- Cinnamon balances blood sugar

## Cinnamon

- **Benefits:** regulates blood sur in the body and brain, contains antioxidants, decrease dementia risk, improves learning and memory, acts as an aphrodisiac