

Top Brain Boosting Habits

Supercharge Your Brain For Increased Productivity And Happiness

by Lori Kearney, Certified Integrative Health Coach, Wellness Educator + Owner of Mindful Health

1. EAT FOR YOUR BRAIN. If the food we eat is healthy (see my top 15 picks below), it can help our brains to function beautifully. Although, if the food we eat is unhealthy, it can cause deterioration to our brains.

1. Avocados.	9. Happy Eggs.
2. Blueberries/ Berries.	10. Extra Virgin Coconut Oil.
3. Dark Chocolate.	11. Extra Virgin Olive Oil.
4. Nuts & Seeds.	12. Rosemary/ Oil
5. Spirulina.	13. Beans And Chickpeas.
6. Wild Alaskan Salmon.	14. Turmeric.
7. Dark Green Leafy Vegetables.	15. Water.
8. Broccoli.	

2. MEDITATION. Meditation can change your brain by retraining the neurons to talk better with each other. This increases our well-being and quality of life.

3. SLEEP. Focus, self-control and memory are all reduced when you don't get enough sleep. Aim to go to bed 30 mins earlier than usual and monitor the differences in how you feel.

4. BRAIN EXERCISE/ MENTAL STIMULATION. The less we use our brain, the more the brain deteriorates. Brainpower improves by brain use, just as our bodily strength grows with physical exercise.

5. REGULAR EXERCISE. Regular exercise improves attention, perception, motivation, memory, decision-making skills, regulates moods, provides mental clarity, promotes brain cell repair, and enhances learning and focus.

6. AN ACTIVE SOCIAL LIFE. A good belly laugh doesn't just lighten the load mentally; it lowers cortisol, your body's stress hormone. An active and fun social life boosts brain chemicals called endorphins, which help with your mood.

7. HEALTHY WEIGHT. There is a direct correlation between our body mass index (BMI) and the size of our hippocampus. This means that as weight goes up, the physical size of your brain goes down, which limits brain function.

8. STRESS MANAGEMENT. People can experience physical symptoms of stress like headaches, anxiety, trouble concentrating and depression. Change your mindset, reduce your stress, and change your life.

9. THINK POSITIVE. Health is not just about what we're eating; it's also about what we're thinking and saying. Once you replace negative thoughts with positive ones, you'll start having positive results in your life

10. SUPPORT. Visualize what your life will look like with intentional change to support better brain health. Conversely, look at your life without change. Tell friends your intentions towards better brain health or contact a health coach to guide and encourage you on your goals.

ACTION PLAN:

What is one thing or habit that you'll commit to doing to supercharge your brain?

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