Chronic heavy drinking can make your brain shrink and drug use can affect your decisions.*

Awareness


Mindfulness

Daily experiences of positive emotions build personal resources and increase well-being.*


Exercise

A daily brisk walk of one mile can change the size of your brain and improve memory.*


Learning

Practising new skills like digital photography, quilting or learning a new language, will have a positive effect on the brain.*


Mindfulness

A daily brisk walk of one mile can change the size of your brain and improve memory.*


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Have you ever considered the health of your brain? Did you know that it needs to be exercised and protected? Your brain does so much for you, why not give it something back! This leaflet gives you six top tips on how to do that.

www.birt.co.uk/showyourbrainsomelove

Protection

Wearing a well-fastened helmet gives you protection from head injuries*

Nutrition

A balanced diet, rich in fatty fish, citrus fruits, milk, soy milk, and spinach, can prevent age-related cognitive decline/preserve brain function*

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For more information about our work please contact:
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