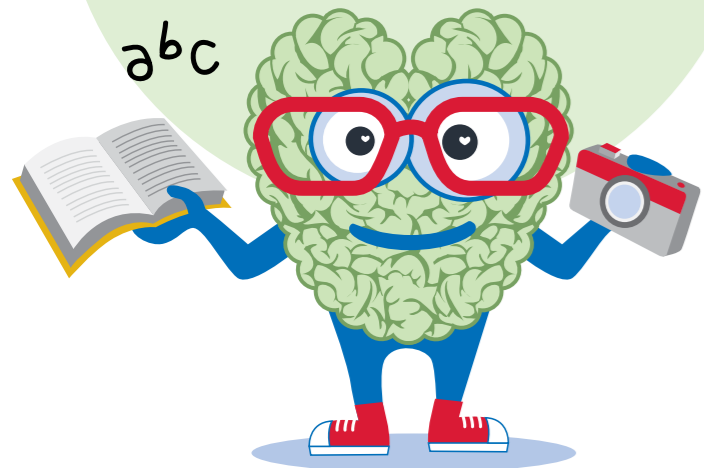


# Learning

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



\*Bak, T. H., Nissan, J. J., Allerhand, M. M., & Deary, I. J. (2014). Does bilingualism influence cognitive aging? *Annals of Neurology*, 75(6), 959-963.

Park, D. C., Lodi-Smith, J., Drew, L., Haber, S., Hebrank, A., Bischof, G. N., & Aamodt, W. (2014). The impact of sustained engagement on cognitive function in older adults: The Synapse Project. *Psychological Science*, 25(1), 103-112.

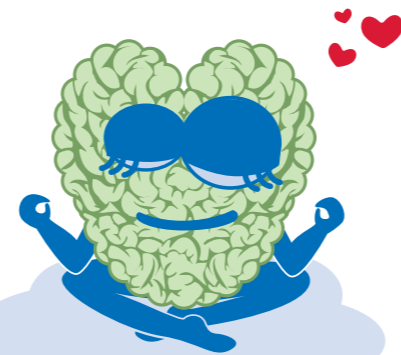


A daily brisk walk of one mile can change the size of your brain and improve memory\*

# Exercise

\*Erickson, K.I, Voss, M.W, Prakash R.S., Basak, C., Szabo, A., Chaddock, L., Kim, J.S., Heo, S., Alves, H., White, S.M., Wojcicki, T.R., Mailey, E., Vieira, V.J., Martin, S.A., Pence, B.D., Woods, J.A., McAuley, E., Kramer, A. F. (2011). Exercise training increases size of hippocampus and improves memory. *Proceedings of the National Academy of Sciences*, 108 (7), 8017-3022.

Erickson, Raji, Lopez, Becker, Rosano, Newman, Gach, Thompson & Kuller (2010) Physical activity predicts gray matter volume in late adulthood: The Cardiovascular Health Study. *Neurology*, 75(16), 1415-1422.



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

# Mindfulness

\*Fredrickson, B. L., Cohn, M. A., Coffey, K. A., Pek, J., & Finkel, S. M. (2008). Open hearts build lives: Positive emotions, induced through loving-kindness meditation, build consequential personal resources. *Journal of Personality and Social Psychology*, 95(5), 1045-1062.

# Awareness

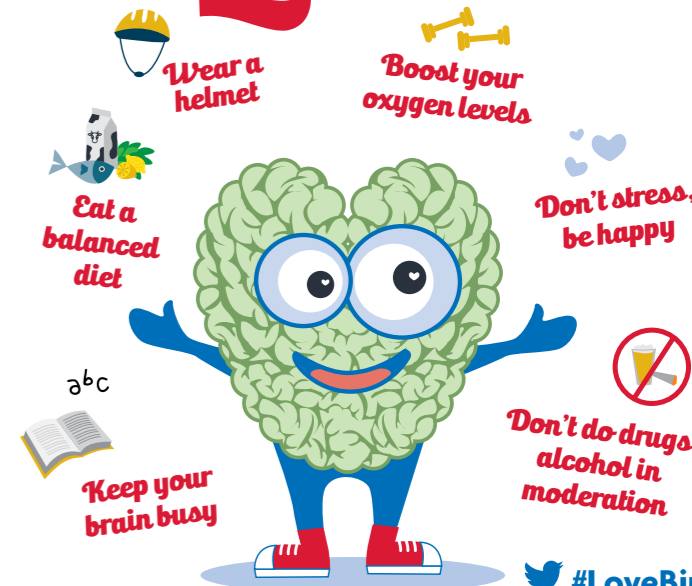
Chronic heavy drinking can make your brain shrink and drug use can affect your decisions\*



\*Bjork, J. M., Grant, S. J., & Hommer, D. W. (2003). Cross-sectional volumetric analysis of brain atrophy in alcohol dependence: effects of drinking history and comorbid substance use disorder. *American Journal of Psychiatry*, 160(11), 1-8.

Yücel, M., Solowij, N., Respondek, C., Whittle, S., Fornito, A., Pantelis, C., & Lubman, D. I. (2008). Regional brain abnormalities associated with long-term heavy cannabis use. *Archives of General Psychiatry*, 65(6), 694-701.

# Show your brain some Love!



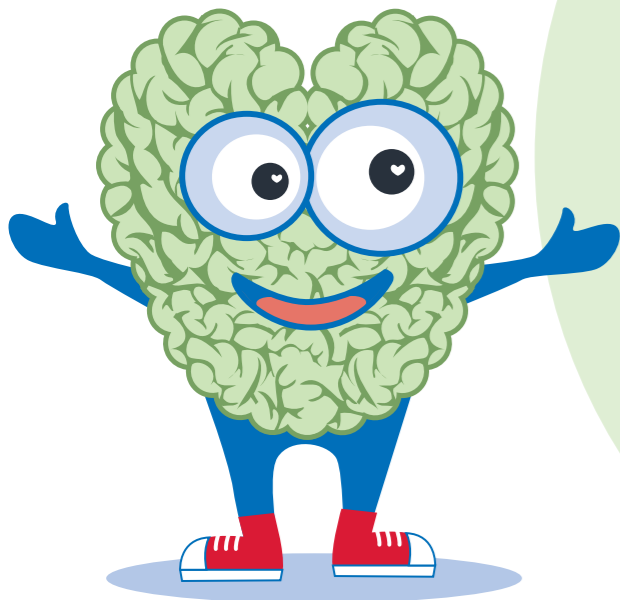
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some **Love!**



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[www.birt.co.uk/showyourbrainsomelove](http://www.birt.co.uk/showyourbrainsomelove)

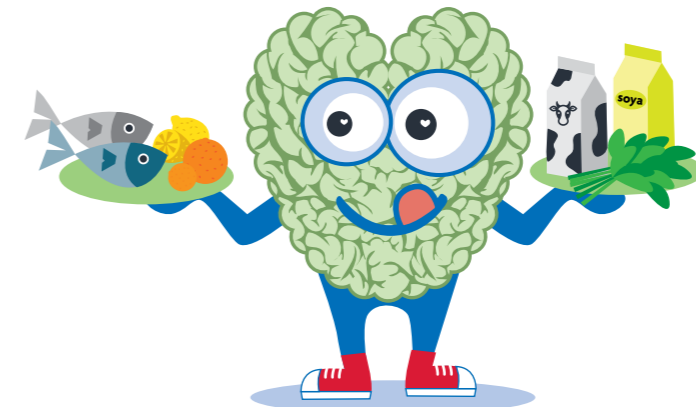
 #LoveBirt

## Protection



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

\*Yu, W. Y., Chen, C. Y., Chiu, W. T., & Lin, M. R. (2011). Effectiveness of different types of motorcycle helmets and effects of their improper use on head injuries. *International Journal of Epidemiology*, 40(3), 794-803.



## Nutrition


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

\*Gómez-Pinilla, F. (2008). Brain foods: the effects of nutrients on brain function. *Nature Reviews Neuroscience*, 9(7), 568-578.

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The Brain Injury Rehabilitation Trust is a division of The Disabilities Trust and the means by which it provides its brain injury services.

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