

# Hello Current Friends and Friends We Have Yet to Meet

*We are continuously learning about the brain and want to share some helpful tips.*



## Live with the 3 Es: **ENERGY, ENTHUSIASM, EMPATHY**

1) Don't hold onto negative thoughts about things you can't control.

2) **Remember: Today is a Gift.** That's why it's called the present. Invest your positive energy in the present moment. Make peace with the past so you can enjoy your present.



3) Laughing charges your heart and improves it's health. For every day that you laugh 3 times you should gain an extra day of life.

4) Try and make one person smile each day. Learn 2 jokes and share them — it will make your heart smile.

## EAT BRAIN FOODS

Dr. Uma Naidoo, a nutritional psychiatrist at Harvard Medical School, has a great acronym for **BRAIN FOODS**:

**B**: Berries and beans



**R**: Rainbow colors of fruits and vegetables



**A**: Antioxidants

**I**: Include lean proteins and plant-based proteins

**N**: Nuts



**F**: Fiber-rich foods and fermented foods

**O**: Oils

**O**: Omega-rich foods

**D**: Dairy



**S**: Spices

...and good news for chocoholics:

A 2020 study found that cocoa flavonoids, the ingredients in dark chocolate, can enhance episodic memory in healthy young adults.

## HUG OR HOLD HANDS

With just a hug, caress or a gentle squeeze of the hand, we can take advantage of the power of social touch.

Social touch is so important for our well-being that we have specific cells in our skin to detect it. Our skin gives us the power of discriminative touch, which allows us to feel the pressure, texture and vibration of objects.

But our skin also has sensors known as C-tactile fibers or afferents that are specifically sensitive to social touch from people and the caress of a loved one. Studies show that social touch is essential to our mental well-being and can reduce stress and pain while helping us bond with one another.



## KEEP NAPS UNDER 90 MINUTES



Naps lasting anywhere from 30 minutes to an hour and a half, between the hours of 1pm and 4pm, have been shown

to increase later recall for information encoded prior to the nap.

Several studies have also found that naps can compensate for poor sleep at night. If you struggle with insomnia, a mid-afternoon nap can boost memory performance. Some people have learned to nap for only 15 minutes, and then wake up refreshed.

## VISUALIZATION EXERCISE

Choose a favorite painting, picture or photograph that includes a variety of items and a lot of detail.



Start by intently studying the details until you can see them in your mind's eye. Then describe the painting while looking away from it.

Did you include all of the objects, their sizes and where they are located? Can you recall the colors?



## TAKE CARE OF YOUR TEETH AND GUMS

Keep brushing and flossing, early and often.

Emerging evidence suggests that what goes on in our mouth can affect what goes on in our brain. More research is needed, but studies have suggested that oral health may be a modifiable risk factor for dementia.

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