

CALIFORNIA BRAIN GAMES — TEACHING FUN BRAIN GAMES

We are continuously learning about the brain and want to share helpful tips for you.



JOY IS ESSENTIAL TO A HEALTHY LIFE Here are four ways to cultivate joy:

1) Reach Out to Your People

Want to live a long, happy life? Reconnect with people you haven't heard from in a while. It will make you feel better, and brings back joyful memories.

2) Exercise: It Helps Us Feel More Inspired and Hopeful

The challenge is to find a way to move your body that makes you feel good and joyful, not burdensome — give some thought to the kind of movement that feels good to you. For example, “Chinese Wand” exercises take only three minutes and are very easy to do. Look it up online, it's free.



3) Live Each Day as If it's Your Last

This is a slogan that we've all heard, but it's very hard to do. However, the idea of living every day as though it was your first is easier. Wake up with a sense of curiosity, wonder and playfulness. This is important and will help you throughout the day. Try it for a week and see how you feel more joy!

4) Get a Good Night's Sleep

A good night's sleep brings much joy to your life. Do not watch anything violent before going to bed, you'll have nightmares that you may not remember, but you won't sleep soundly.



Most people are very happy watching sports because it leaves them with a good feeling. This is why they always put sports at the end of the news broadcast.

SET

SET is a wonderful Brain Game that we all should play. It is free on all phone apps, but the actual cards are better because we are tactile and will enjoy touching them. SET can be played by yourself, or with others, and can be found on Amazon for under \$15 — a great gift for all ages.



KEGEL EXERCISES

Kegel Exercises offer a range of benefits for both men and women, primarily by stretching the pelvic floor muscles. This supports the bladder, bowels and uterus; prevents urinary incontinence; and improves bladder and bowel control.

DAILY LAUGHING...LOL!

If you laugh FIVE times a day you will get an extra day of life, because it charges the heart.



Please call our office landline at (650) 595-2227, or call/text (925) 212-4642 with any questions or to chat.

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