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Maintain your mental moxie

Brain games: Are they worth playing?

Have you heard about brain game training? It's supposed to enhance your memory, concentration and overall brain health. You can find brain games online, in books and in other places.

Does brain training work? Well, there is support for the idea that an active, challenged brain is a healthier brain. But, daily mental challenges may do the trick. Try things like:

- Crossword puzzles
- Board games
- Reading
- Writing for pleasure
- Classical music
- Socializing
- Learning something new

Our brains also benefit from daily physical activity like:

- Gardening
- Housework
- Dancing
- Tennis
- Golfing
- Swimming (great for those with arthritis)

Don't forget to feed your brain by eating a variety of fruits and vegetables. Strive to get 5 to 9 servings every day. Physical and mental fitness coupled with a healthy diet may lessen the risk of brain decline.

Formal brain games can't hurt as they keep your brain active and work to improve your memory and retention. But, the simple ideas suggested here can also do the trick.

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!



Contact your EAP for 24/7 access for you and your eligible family members:

1-888-825-3509
www.HorizonCareLink.com
Username: firstdata
Password: myeap

Sources: www.scientificamerican.com; www.cbsnews.com

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