

Everyday habits to keep your brain sharp



No matter your age, your brain needs care—just like the rest of your body. By building a few simple habits into your daily routine, you can help boost your brainpower and keep your mind strong and focused. Try these everyday ways to support your brain health.

Simple ways to boost your brainpower



Move your body

Physical activity increases blood flow to the brain, which helps with memory and learning. Even taking a short daily walk can make a big difference.



Eat brain-friendly foods

Try to eat more fruits, vegetables, whole grains, and fish. These foods give your brain the nutrients it needs to stay healthy.



Stay social

Spending time with friends or loved ones can help you feel happier and sharper. Social activity has been linked to better brain health.



Limit distractions

Turn off notifications or set a timer to focus on one task. Giving your brain a break from multitasking helps you think more clearly.



Get good sleep

Aim for 7 to 9 hours each night. Sleep helps your brain rest so you can think clearly the next day.



Take time to relax

Stress can hurt your brain's ability to focus. Reduce stress by trying deep breathing, stretching, or taking a quiet moment to recharge.



Try something new

Learning a new skill, hobby, or language builds new brain connections. It's also fun and rewarding.

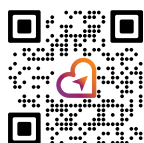


Make progress with small changes

You don't need to make big changes overnight. Start small and pick one or two habits to try.

We're here to help

Reach out to us for guidance and resources.



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