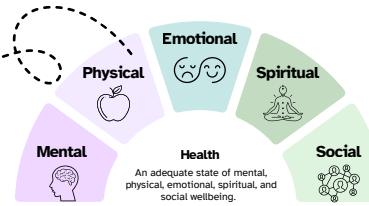


Brain Health

How Brain Health is connected to Health & Wellness

Learn more about Health and Wellness:
decyde.ca/educational-materials/#mental-health



Mental

Your brain helps you think, learn, manage stress, and use your skills.

Sleep, stress management, and brain-challenging activities help support brain health.

Physical

Your brain helps control your body, senses, and movement.

Exercise, healthy eating, and limiting substance use help support brain health.

Emotional

Your brain helps you understand and manage emotions.

Talking about feelings, using healthy outlets, and getting support help protect brain health.

Spiritual

Your brain helps you connect with your purpose, values, and beliefs.

Mindfulness, meaningful activities, and community connections can support brain health.

Social

Your brain helps you build relationships and interact with others.

Supportive people, healthy relationships, and social connection help support brain health.

SAFEST BRAINS: 11 Ways to Support Brain Health

Adapted from Selwa et al. (2024)



S Sleep - Give your brain time to recharge. Getting enough sleep and limiting screen time before bed can support mood, memory, focus, and overall health.

A Affect, Mood & Mental Health - Pay attention to how you're feeling. Reaching out for support when stress, sadness, or anxiety feels hard to manage is a strong and healthy choice.

F Food, Diet & Supplements - Balanced meals and snacks support energy, focus, concentration, and feeling your best. Supplements recommended by a healthcare professional may help meet nutritional needs when diet is not enough.

E Exercise - Move your body and challenge your brain. Exercise, puzzles, reading, music, creativity, and learning new skills can support mood, memory, sleep, and neuroplasticity (the brain's ability to adapt and change).

S Supportive Social Interaction - Spend time with people who help you feel safe and supported. Positive connections can boost mood, reduce stress, and build resilience.

T Trauma Avoidance - Wear safety gear (e.g. helmets and seat belts), reach out after difficult experiences, and talk with a trusted person about unsafe situations or difficult feelings can support brain health.

B Blood Pressure - Take care of your heart to support your brain. Staying active, eating well, managing stress, and checking in with healthcare professionals can help.

R Risks - Make choices that protect your developing brain. Avoiding, delaying, taking breaks from, or abstaining from substances can reduce risks and support memory and brain function.

A Adherence - Use medications safely. Take medications only as prescribed or as recommended by a healthcare professional or a trusted, caring adult.

I Infection - Protect your body and brain from infections. Staying up to date with vaccines, keeping wounds clean, and seeking medical advice for concerning wounds or unusual bites (e.g., ticks) can support overall health.

N Negative Exposures - Choose spaces and people that support your well-being, and avoid situations where substances are used. Avoiding harmful substances and unsafe situations can help protect brain health.

S Structural and Social Determinants of Health - Stay connected to support. School, community, health services, and trusted adults can help support mental, physical, and brain health.



Learn more about the substance use and the developing brain:

<https://decyde.ca/educational-materials/#mental-health>

References

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