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Brain Care

A beginner's guide

How to take care of your brain?

There are many ways to make sure you feed your
brain constantly.

So that you perform better.

And get the best out of your brain.

Here are some suggestions

30 Mins. Of Physical Activity 3 Times /Week

Exercising is proven to help your mental state.

By exercising three times a week for at least 30 minutes, you keep your brain oxygenated and in its best shape.

Find what types of exercises you like to do and start doing them.

Be it a walk, full classes, cycling or yoga, find what makes it easy for you to exercise and keep at it.

Your brain will thank you for it.

Brain Stimulation

Try to keep yourself busy with things you enjoy doing, like hobbies.

The time flies when you do something you like.

And your brain is 'in the zone'.

Try and check some brain games to keep yourself stimulated.

Others enjoy meditation or deep breathing as a state of stimulation.

Find which one fits you best.

Nutrition

Feed your body with goodies for the brain, like:

- berries
- omega 3
- water
- onions, cherries, plumbs
- limit caffeine

Relaxation

Don't forget the doctor's recommended;
7-8 hours a night sleep!

If you're into it, try and discover relaxing
rituals that squeeze the stress out of
you.

Also, consider the room temperature
when you're sleeping: it should be
around 18-19 degrees Celsius

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