

# Boost your brain with these simple habits

## Move more

Aim for regular walking, stretching, taking the stairs, standing breaks, lunchtime walks.



## Health checks

Keep track of your your blood pressure, cholesterol, blood sugar and hearing.



## Eat well

Eat more oily fish, whole grains, berries, leafy greens, nuts, seeds, beans, olive oil and yoghurt.



## Protect

Stop smoking, limit alcohol, manage stress, wear a helmet for cycling or other activities when needed.



## Hydrate

Keep a water bottle handy and sip regularly, choose water or low sugar drinks.



## Connect

Talk to people, learn new skills, read, do puzzles, enjoy hobbies, listen to music and laugh.



## Relax & refresh

Sleep well, take micro-breaks, breathe deeply, step outside, enjoy nature.



## Work well

Pack healthy lunches, have walking meetings, take screen breaks and stretch every hour.



TOP TIPS

Don't forget to visit the Sovereign Resource Hub for more top tips and to listen to the 'Be brain smart at work' podcast.