

Brain health wordsearch

Find all words hidden in the grid.

Words can be found forwards, backwards, up, down and diagonally.

I	L	S	G	H	F	G	B	D	K	T	R	T	V	H
E	T	W	E	O	M	R	B	D	S	X	H	S	A	S
W	I	A	C	R	E	E	N	E	R	L	F	R	S	E
G	A	U	S	A	O	I	M	C	R	N	E	E	E	X
E	S	L	T	F	M	T	O	O	R	R	N	E	L	E
L	N	H	K	D	N	G	O	E	R	L	I	C	P	R
A	E	I	T	I	N	O	L	N	U	Y	I	E	W	C
G	T	R	M	I	N	A	I	F	I	S	G	A	S	I
E	H	G	T	A	X	G	D	T	N	N	L	C	C	S
M	G	I	Y	A	P	N	T	O	A	N	P	V	Y	E
O	O	T	T	C	I	O	R	D	U	T	Y	Z	G	Z
N	L	I	C	M	D	U	D	T	U	P	I	C	T	D
I	O	P	W	T	E	D	S	M	S	B	N	D	U	V
N	S	H	H	N	L	A	V	E	N	D	E	R	E	U
R	N	Z	E	N	E	G	Y	X	O	N	A	B	B	M

FIND THESE WORDS

SLEEP MEMORY FOCUS EXERCISE NEURONS
COGNITION DOPAMINE SEROTONIN WALNUTS BREATHE
RELAXATION WALKING MINDFULNESS OMEGA THREE MEDITATION
BERRIES LAVENDER OXYGEN MIND



Don't forget to visit the Sovereign Resource Hub for more top tips and download the 'Boost your brain' factsheet.

Brain health Sudoku

Sudoku is great for your brain, it exercises logic, concentration and working memory all at once. Fill in the grid so that every row, column and 3×3 box contains the numbers 1–9 exactly once.

5	3	.	.	7
6	.	.	1	9	5	.	.	.
.	9	8	6	.
8	.	.	.	6	.	.	.	3
4	.	.	8	.	3	.	.	1
7	.	.	.	2	.	.	.	6
.	6	2	8	.
.	.	.	4	1	9	.	.	5
.	.	.	.	8	.	.	7	9

DID YOU KNOW?

Logic puzzles like Sudoku engage your prefrontal cortex - the part of the brain responsible for planning, reasoning and problem solving. Regular mental challenges help build cognitive reserve, which may help protect against cognitive decline over time.



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