Habits for a Healthy Brain: Evidence-based Approaches to Cognitive Aging

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Four Pillars of Brain Health

PHYSICAL
- Mediterranean, MIND, or DASH diet
- Moderate aerobics 150 min/week + strength training

HEALTH & LIFESTYLE
- Manage chronic conditions
- Limit alcohol, avoid smoking
- Monitor your sleep quality
- Check for hearing loss

COGNITIVE
- Stay cognitively engaged with stimulating activities
- Mix it up with something new
- Combine cognitive, social, or exercise

SOCIAL & EMOTIONAL
- Manage stress
- Try meditation or mindfulness activities
- Keep up with friends and family
- Try new social activities to meet others

https://www.thelancet.com/article/S0140-6736(20)30367-6/fulltext
Diet Information

Diet Modifications – MIND and Mediterranean diets:

- *Diet for the MIND* by Martha Clare Morris (hardcover book)

Exercise recommendations:

- CDC Guidelines for physical activity in older adulthood: [https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm](https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm)

Sleep Hygiene

- Sleep Association: [https://www.sleepassociation.org/about-sleep/sleep-hygiene-tips/](https://www.sleepassociation.org/about-sleep/sleep-hygiene-tips/)
- Sleep Foundation: [https://www.sleepfoundation.org/sleep-hygiene](https://www.sleepfoundation.org/sleep-hygiene)

Stress Management and Meditation

- UCLA mindfulness meditation recordings: [https://www.uclahealth.org/marc/mindful-meditations](https://www.uclahealth.org/marc/mindful-meditations)
- USC Dept of Gerontology: [https://www.youtube.com/watch?v=TLTwed97s8o](https://www.youtube.com/watch?v=TLTwed97s8o)

Community-based groups for social and cognitive activities

- Seattle Parks and Recreation – Lifelong Recreation
- UW Osher Lifelong Learning: [https://www.osopher.uw.edu/](https://www.osopher.uw.edu/)
- King County Library System: [https://kcls.org/older-adults/](https://kcls.org/older-adults/)

Clinical Care, Research Opportunities, and Educational Resources on Cognitive Aging

- UW Memory and Brain Wellness Center: [http://depts.washington.edu/mbwc/](http://depts.washington.edu/mbwc/)
- UW Alzheimer’s Disease Research Center: [www.uwadrc.org](http://www.uwadrc.org)
- Alzheimer’s Association – WA Chapter: [www.alzwa.org](http://www.alzwa.org)
• Dementia Action Collaborative of WA State: https://www.dshs.wa.gov/altsa/dementia-action-collaborative
• Area Agencies on Aging for Seattle/King County: https://www.agingkingcounty.org/

For some brain-related humor
Heart & Brain via The Awkward Yeti: https://theawkwardyeti.com/chapter/heart-and-brain/