

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



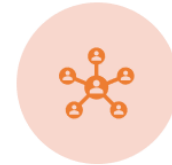
HEALTH & LIFESTYLE

- 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

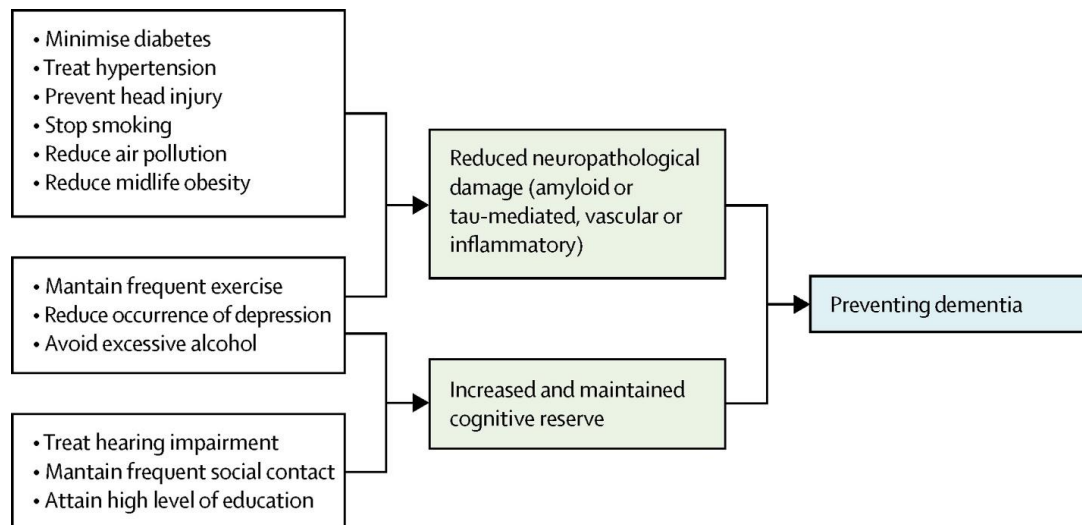


SOCIAL & EMOTIONAL

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

Livingston et al., 2020. *Dementia Prevention, intervention and care: 2020 Report of the Lancet Commission*.

[https://www.thelancet.com/article/S0140-6736\(20\)30367-6/fulltext](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)
- <https://www.rush.edu/news/mind-diet-linked-better-cognitive-performance>

Exercise recommendations:

- CDC Guidelines for physical activity in older adulthood: https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm
- NIH Tips for Starting an Exercise Program: <https://www.nia.nih.gov/health/how-older-adults-can-get-started-exercise>

Sleep Hygiene

- Sleep Association: <https://www.sleepassociation.org/about-sleep/sleep-hygiene-tips/>
- Sleep Foundation: <https://www.sleepfoundation.org/sleep-hygiene>

Stress Management and Meditation

- UCLA mindfulness meditation recordings: <https://www.uclahealth.org/marc/mindful-meditations>
- USC Dept of Gerontology: <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.osher.uw.edu/>
- Seattle Public Library: <https://www.spl.org/programs-and-services/adults-50-plus>
- King County Library System: <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/>
- UW Alzheimer's Disease Research Center: www.uwadrc.org
- Alzheimer's Association – WA Chapter: 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/>