



The brain never stops resting. Think about it, even when we sleep the brain is processing and digesting information, regulating breathing and heartbeat, sending signals to the body to repair and maintain tissue, and fighting inflammation and disease where necessary. Just like any vehicle the brain needs proper care and fuel to continue driving down the road of life. If you find yourself searching for ways to achieve better mental health and clarity, this short pillar guide may help.

Food & Nutrition: Nourish Your Brain

Your brain requires a constant supply of nutrients to not only survive — but thrive. This fuel comes from the food you eat. Food containing high doses of antioxidants, vitamins, and minerals work together to infuse your body and mind with the energy you need to power through the day.

It should come as no surprise that the quality of the food you ingest has a substantial impact on your well-being. Processed foods that are high in sugar, salts, and fat are inflammatory and harmful to the brain. Not only does junk food like sugary drinks and processed refined products worsen your body's regulation of insulin, but they also promote oxidative stress which accelerates aging. Next time you go grocery shopping, take these brain foods into consideration.

Leafy greens: Spinach, broccoli, and kale are jam-packed with brain-boosting nutrients like beta carotene, vitamin K, folate, and lutein. A leaf a day keeps the doctor away. Literally.

Salmon and fatty fish: Omega 3 fatty acids work wonders on the brain. These healthy unsaturated fats are excellent complements to a well-rounded diet. Aim to eat 2 servings of fish a week but be wary of how the fish is farmed. Some fish have high levels of mercury which can be poisonous when consumed in excess.

All the berries: Flavonoids which give berries their rich color is highly anti-inflammatory, protecting your cells from oxidative damage. Berries are a perfect addition to your everyday diet.

Nuts, nuts, nuts: Nuts contain both healthy fats and protein, making them an excellent snack for life on the go. Switch out the corn syrup-infused granola bar to a handful of almonds or walnuts. Nuts contain omega-3 fatty acids which promote lower blood pressure too. Double win!

5 FOODS LINKED TO BETTER BRAINPOWER

GREEN VEGGIES



1. Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

FATTY FISH



2. Fatty fish are abundant sources of omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid — the protein that forms damaging clumps in the brains of people with Alzheimer's disease.

BERRIES



3. Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows.

TEA + COFFEE



4. Coffee and tea might offer more than just a short-term concentration boost. In a recent study, participants with higher caffeine consumption scored better on tests of mental function.

WALNUTS



5. Nuts are excellent sources of protein and healthy fats, and walnuts in particular might also improve memory, according to a study.

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Prioritize: Rest & Sleep

We spend approximately **1/3 of our lives asleep**, with the average person sleeping for **229,961** hours of their life. Sound like a lot of wasted time? Think again. Without sleep, the brain would not be able to consolidate memories, process emotions, balance out blood sugar, or metabolize and detoxify. Your sleep is vital for your well-being. Are you paying your sleep enough attention?

Make sure your sleep hygiene is up to par, aim for:

- 7–9 hours of rest per night.
- Implement screen-free time to avoid excessive blue light exposure.
- Reduce caffeine and alcohol intake.

Manage Stress

Chronic stress can hinder the progress of Neurofeedback therapy. Practice stress management techniques such as deep breathing exercises, mindfulness meditation, yoga, or engaging in hobbies that bring you joy. Taking care of your emotional well-being supports a healthy brain.

Finding humor in the mundane: Ever heard the saying — laughter is the best medicine. Humor is a natural stress reliever that alleviates our brains which do not work optimally when clouded with a fog of worry. Find a moment in your day to crack a joke and reap the benefits of highly oxygenated air filling your lungs consequently.

Maintain open and honest communication with your healthcare provider throughout your Neurofeedback therapy journey. Share any concerns, questions, or changes you may be experiencing. They are your best resource and can provide guidance tailored to your specific needs.

Engage in Mental & Physical Fitness

When preparing to partake in a marathon, we know what is required of us to sustain and endure the pressures associated with a long race. We spend months training and fueling our muscles with high-calorific foods to push ourselves beyond our perceived bodily limits. Similarly, we can prepare our brains for the mental marathon that is life. When the going gets tough, the tough gets going. Increase your mental fitness by:

Physical Exercise: Regular exercise has numerous benefits for brain health. Engage in activities you enjoy, such as walking, jogging, swimming, or dancing. Exercise increases blood flow to the brain, promotes neuroplasticity, and enhances mood and cognitive function.

Reading: Reading improves memory. When you read you are engaging several brain functions, jolting your brain into absolute action. Reading requires maintained concentration which allows you to immerse yourself in a plot directing your senses towards one task to achieve a state of uninterrupted flow.

Play brain-boosting games: Neuron Connect offers additional Brain Training games to watch at home, just visit our YouTube channel by searching Neuron-Connect on YouTube. Train 3 times a week for a minimum of 6 weeks and **reap the rewards of increased focus, mental resilience, and emotional regulation.** Not bad, huh!

