

4 ways seniors can boost mental health

1

Stay mentally active

Anything that engages your mind, processes information and develops your thinking skills is good for the brain and helps reduce your risk of dementia.

2

Move your body

Regular physical activity is good for your heart, circulation, weight and mental wellbeing. Gradually incorporate activities in your day such as walking, water aerobics, or chair yoga!

3

Stay involved with family/friends

This includes interacting with other people online as well as in person. Social activities are good for the brain, making them also a great way to reduce your risk of getting dementia.

4

Connect with the community

Having an active role in the community can add purpose and meaning while building new and lasting friendships.