

Brain Boosters

Deep Breathing

Inhaling deeply brings a chemical called nitric oxide from the back of your nose and your sinuses into your lungs. This short-lived gas dilates the air passages in your lungs and does the same to the blood vessels surrounding them, so you can get more oxygen into your body and brain.

Exercise

Activity boosts brain function by ramping up blood flow, so oxygen and nutrients get around to all parts of your body better, including your brain. It also stimulates the release of endorphins that boost your mood and ease anxiety and depression. The best moderate exercises are those that require quick change in position, like ping-pong.

Brain Games

Pushing your mind slightly beyond its capabilities by engaging in stimulating mental games, such as crossword puzzles, causes regrowth of neurons and dendrites, so you're banking brainpower. Taking on new tasks that present a challenge brings on a similar response.

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