

## Example Recommendations after taking the Brain Care Score

These example recommendations are meant to serve as inspiration for other ideas and suggestions more tailored to your community to improve brain health. As a reminder, sometimes working on one area of the Brain Care Score, like being physically active, can also help with other areas, like stress or sleeping better.

### Social and Emotional Category

Social Emotional Category	Recommendations
Social relationships	<ul style="list-style-type: none"> <li>• Reach out to a friend or loved one to call them and say hi and catch up.</li> <li>• Join activities or groups (e.g., exercise classes, faith-based organizations, walking groups, etc.).</li> <li>• Helping others, such as volunteering, can help build connections with others. Faith-based organizations, food pantries, and other organizations might seek volunteers.</li> <li>• Invite a friend or relative over for dinner.</li> </ul>
Meaning in life	<ul style="list-style-type: none"> <li>• Get involved in your community. You can get involved or volunteer in areas you enjoy or know well, such as art, sports, teaching, fixing things, food pantries, or organizing events.</li> <li>• Start Small. You don't need to do anything big. Sharing your skills, helping with a project, or supporting others in simple ways can make a real difference.</li> <li>• Schedule an appointment with your doctor. Your feelings about meaning and purpose are real and important to your health. Doctors recognize this and are open to talking about it.</li> </ul>
Stress	<ul style="list-style-type: none"> <li>• Do you have any hobbies you enjoy doing/what do you enjoy doing? Are you able to spend 10 minutes a day doing that activity?</li> <li>• Regular physical activity (e.g., walking, doing a short workout) helps lower stress levels and supports brain health.</li> <li>• Getting enough, regular sleep helps reset your body's stress system.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Eat for Balance:</b> Healthy foods, especially those with healthy fats and antioxidants (e.g., salmon, nuts, berries), support your brain during stress.</li> <li>• <b>Build Social Support:</b> Strong relationships can reduce your body's stress response and help you cope better.</li> </ul>
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## Lifestyle

<b>Lifestyle Category</b>	<b>Recommendations</b>
Physical Activity	<ul style="list-style-type: none"> <li>• Take a 10 min walk every day (park one street farther away from where you work or walk around your neighborhood) - you can also walk with a friend or family member!</li> <li>• Do squats or pushups in your home.</li> <li>• Find a 5-minute online workout video you can do at home.</li> </ul>
Better Sleep	<ul style="list-style-type: none"> <li>• Go to bed 30 minutes earlier.</li> <li>• Put your phone away 30 minutes before bed.</li> <li>• Avoid caffeine later in the afternoon (or switch out for a drink with no caffeine).</li> <li>• Turn off the lights earlier near bedtime.</li> </ul>
Diet	<ul style="list-style-type: none"> <li>• Add one of your favorite fruits or vegetables to your meals.</li> <li>• Drink one less sugary beverage per week.</li> <li>• Switch out one meal with red meat (steak, pork, sausage) for a meal with lean meat (chicken, turkey)               <ul style="list-style-type: none"> <li>• Try out brown rice or multigrain bread to add whole grains to your diet</li> </ul> </li> </ul>
Alcohol	<ul style="list-style-type: none"> <li>• Drink one less alcoholic beverage per day or week (start small with anything that seems easier or possible for you).</li> <li>• Try a mocktail or a non-alcoholic beer.</li> <li>• Talk to a friend or counselor about wanting to drink less. You are not alone and you have support.</li> </ul>