

# Taking Charge of Your Brain Health

## Be Socially Active

The human brain, sometimes called the “3 pound universe within,” is one of your most vital organs. It plays a role in every action and every thought and just like the rest of your body, it needs to be looked after. By making healthy lifestyle choices now, you may be able to reduce your risk of developing Alzheimer’s disease and improve your brain’s ability to sustain long-term health.

This sheet is part of a series that provides practical action steps, based on current research, which you can take to improve your brain health. Will it prevent Alzheimer’s disease?

There are no guarantees, but healthy lifestyle choices will help keep your brain as healthy as possible as you age. And since a healthier brain can withstand illness better, it’s important to take action on the things you can control -- lifestyle choices.



Staying connected socially helps you stay connected mentally. Research shows that people who regularly interact with others maintain their brain function better than those who don't. Socializing appears to have a protective effect that may help lessen your risk of developing Alzheimer’s disease.

Maintain old friendships and make new ones. Stay socially active through work, volunteer activities, travel, hobbies, family and friends. Be open to new experiences.

Staying active and involved with life sends healthy messages to your brain and body. Being involved with others also helps to reduce stress, boost mood and keep relationships strong.

**Heads  
Up for  
Healthier  
Brains**

Alzheimer *Society*



## Take Action to be Socially Active

- Accept invitations and extend a few of your own.
- Make the most of your daily opportunities to socialize – chat with your taxi driver or store clerk; make conversation in the elevator.
- Help someone out – practice a random act of kindness.
- Talk on the telephone or correspond via e-mail.
- Participate in service clubs, volunteer work, or join a hobby group.
- Combine social interaction with physical activity (such as a walk or a fitness class) or a brain-challenging activity (such as a book club discussion or attending a play) – and enjoy yourself while you positively impact your brain health.
- Laugh – smile at someone.

Note: Your abilities, health situation and interests should be taken into consideration when choosing brain healthy activities. If you have questions about your own situation, speak to your doctor or health-care provider.

See the following sheets in the Taking Charge of Your Brain Health series: Challenge Yourself, Make Healthy Food Choices, Be Physically Active, Reduce Stress, Protect Your Head, Choose Wisely. Also available is a reference list of studies regarding Alzheimer's disease and brain health.

**Find out more - [www.alzheimer.ca](http://www.alzheimer.ca) or contact your local Alzheimer Society:**

# Alzheimer *Society*

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