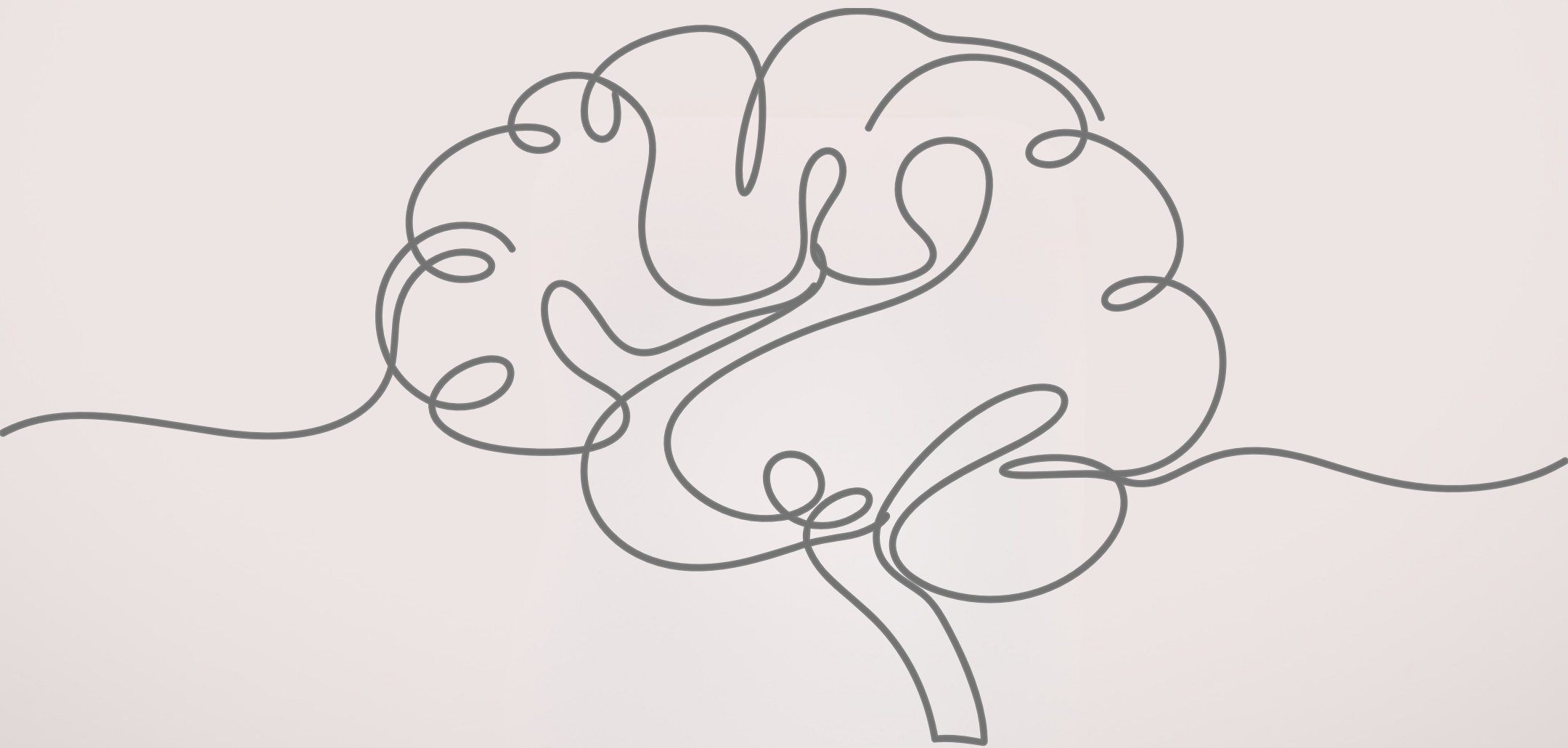


STAY CURIOUS

A Guide to Brain Health



BRAIN HEALTH

The brain's ability to grow and build strong neuronal connections, as well as to adapt, repair and compensate over time. Brain health is important for our overall quality of life and is supported through five elements: **Move** our bodies, **Think** and challenge our minds, build positive **Habits**, prioritise **Sleep**, and strengthen **Connection** through physical social interaction.



PREVENTION

Brain health is about minimising risk factors and enhancing protective factors that promote neuroplasticity, the brain's ability to grow, create new connections and recover from injuries.

Modifiable risk factors include things like smoking, alcohol use, body weight, blood pressure, cholesterol, unhealthy diet, physical inactivity, blood sugar, sleep disorders and mental health.



DRUMMING

Drumming is a protective factor for brain health because it promotes neuroplasticity. We know this from research that observed changes in structure and function of the brain. Participants showed improvements in coordination, focus and memory, while also reducing stress and anxiety, making it a comprehensive workout for body and mind.



MOVE

Physical exercise supports brain health by improving cardiovascular health, reducing inflammation, and promoting the growth of new brain cells. It improves blood flow to the brain, which enhances cognitive function. Increased physical activity, has been shown to protect the brain against degeneration in later in life.



THINK

Brain health can be enhanced by engaging in activities that challenge and stimulate our brains. Learning a new instrument, like the drums, challenges the brain to focus, remember patterns and stay in time. Keeping a beat and coordinating rhythms requires active **thinking**, which helps strengthen focus, attention and memory over time.



HABITS

Eating a diet rich in antioxidants, such as fruits, vegetables, nuts, and seeds, protects the brain from oxidative stress, which can contribute to age-related cognitive decline. Nutritional deficiencies, especially in later life, are also linked with the onset of dementia.



SLEEP

Getting enough good-quality sleep is essential for brain health. Aim for 7-9 hours of sleep per night, and establish a regular sleep routine to help promote healthy sleep habits. Sleeping six hours or less each night in your 50s, 60s and 70s is associated with a 30% higher risk of dementia.



CONNECT

Social connection engages the brain in real-world, meaningful ways through conversation, shared activity, empathy and cooperation, supporting emotional regulation and memory. Research suggests that social isolation is linked to an increased risk of dementia.



