

Ideas to engage in meaningful activity

	<ul style="list-style-type: none">■ Listen to music – studies have shown listening to music can enhance your memory
	<ul style="list-style-type: none">■ Tell a joke or watch a funny film – laughing reduces cortisol levels and studies suggest lowering stress will improve memory
	<ul style="list-style-type: none">■ Turn the radio on – listening to the radio can improve cognitive function but make sure it's a station that people want to hear
	<ul style="list-style-type: none">■ Play simple brain games and puzzles – keep the brain active and improve brain health
	<ul style="list-style-type: none">■ Have a chat – engaging people in discussions improves mental wellbeing
	<ul style="list-style-type: none">■ Look at photos – taking the time to reminisce over photos from the past can improve mood by bringing back happy memories
	<ul style="list-style-type: none">■ Take a walk – movement boosts the blood flow to the brain
	<ul style="list-style-type: none">■ Work on tasks together – simple tasks such as setting the table or light dusting can help create a sense of purpose
	<ul style="list-style-type: none">■ Use skype – providing easy access to friends and family can help reduce feelings of isolation
	<ul style="list-style-type: none">■ Use a smart speaker – technology such as smart speakers can help maintain a certain level of independence
	<ul style="list-style-type: none">■ Go outside – simply getting some fresh air can make you happier, give you more energy and sharpen your mind

Turn over to find out why meaningful activity is so important.

