

How to live a long and healthy life?

Good brain health matters

tilda

Staidéar Fadaimseartha na hÉireann um Dhul in Aois

The Irish Longitudinal Study on Ageing

Risk factors for poor brain health



Keep mentally active, be curious: practise a new and challenging activity that you enjoy new things



Go for regular health check-ups: ask your GP to check your blood pressure, cholesterol and blood sugar levels regularly

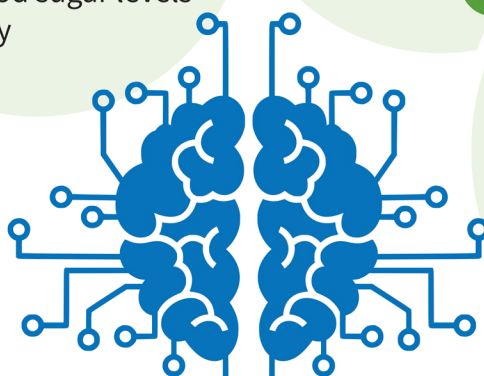
Make sure you can hear well: book a hearing test, wear hearing aids if needed



Get a good night sleep: a few simple changes can help improve sleep quality; e.g., make time to unwind and limit screen time before bed; don't eat too close to bed; try to go to bed at a consistent time



Engage with people: keep strong social ties with family and friends, meet new people, help your community



Tips to keep a healthy brain



Keep active: exercise often and regularly, limit time spent sitting

Eat a healthy and balanced diet: prioritise fruits, vegs, nuts, beans and fish; limit sugar intake and processed food



Look after your mental health: learn how to manage worries and anxiety; e.g., by practicing mindfulness

Talk to your GP if you have any concerns about your physical or mental health



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