How to live a long and healthy life?
Good brain health matters

**Risk factors for poor brain health**

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

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

**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

**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**

**An Ryan Institute Department of Health**

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