

# Engage In MENTALLY COURAGEOUS AGING

You've chosen to **age** courageously, which means you are determined to be the master of your mind. Stimulating your mind is fun and can be done in a variety of ways. Take a look!

## ENJOYING MUSIC

Music carries with it a host of benefits that start in the mind and move throughout the body. Studies show it can reduce stress, lessen pain, speed up recovery, relieve symptoms of depression, improve cognitive performance, and so much more.



## READING A BOOK

Reading is one of the best ways to keep your brain active and engaged and prevent it from losing its power. Reading lowers stress, adds to your knowledge, keeps your memory sharp, improves your focus, and is free entertainment.



## WRITING A LIST

Writing has been called a wake-up call for your brain. In addition to stimulating your mind, it helps you remember. Lists, journals, letters...all these things help ease stress as you create a physical reminder of what's important to you.



## LAUGHING WITH FRIENDS

Laughter is strong medicine! Laughter has been shown to cure boredom, decrease stress, help you cope with difficult realities, improve health, help you connect with others, reduce pain, help you sleep...the list goes on. Find lots of reasons to laugh every day.

