

Keeping Your Mind Sharp During Social Isolation

While staying at home is the key to flattening the curve right now, it can also lead to cognitive challenges if we aren't staying smart about staying sharp. Social isolation and general loneliness have been linked to higher risks of decline in cognitive function. However, there is a lot that you can do during this time to maintain and even improve your cognitive health. Here are a few easy things you can do to boost your brain while staying at home.

Get Moving!

Whether it's walking around the yard, around the block or partaking in any of the online resources we listed in our other resource *6 Ways to Stay Engaged and Moving During COVID-19*, physical exercise is just as important as mental exercise when it comes to maintaining cognitive health.

Become More Artistic!

You may not be the next Monet or Picasso, but taking time to paint or draw can boost your memory recollection, problem-solving and fine motor skills. You can do this by downloading an art or coloring book app on your smart phone or tablet or following guided instructional videos. To learn to paint, we suggest a classic Bob Ross, *The Joy of Painting* episode, available on Netflix and Youtube. Interested in learning to draw some of the classic Disney characters? Disney animators have been teaching that online!



Play A Game!

There are many ways to play mentally stimulating games with or without your family and friends when you're not physically with them. You can download apps to your smart phone or tablet for many of the classic games you may love, like chess, checkers, mahjong and solitaire, or you can use online platforms to play board games like Monopoly and Scrabble with your family and friends.

Give Friends and Family A Call!

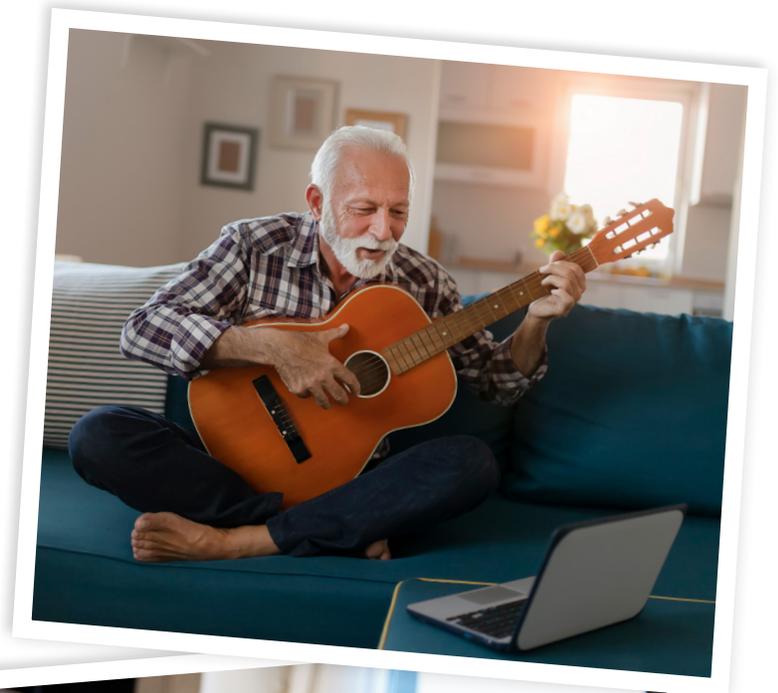
It might sound cliché, but staying social is an integral part to maintaining your cognitive health. Call your family or video chat your friends. Staying connected by any means is now more important than ever. You can learn how to use video chatting services in our resource *Stay Connected - Virtually!*

Get Crafty!

Have a pair of jeans you've been meaning to repair? Is there extra fabric laying around that you've been wanting to do something with? Are you curious about knitting or crocheting? Now a great time to learn and master the crafty things you've always wanted to do! If you're already proficient in one of these areas, maybe it's time to try another, or to kick it up a notch with a harder pattern. Here are a few resources to get you started:

Learn Something New!

Now is the perfect time to study a subject you've always been interested in, but maybe never had the chance! Many top-notch universities – such as Harvard, MIT, Stanford, Penn and Michigan – are offering free and paid online courses through EdX and Coursera. You can also find classes from subject matter experts and celebrities on everything you could want to learn on MasterClass, YouTube, LinkedIn Learning and Udemy!



Just Keep Doing!

Above all, keeping up on all of the things you love doing as much as possible while staying socially distant one of the best things you can do for your mental and cognitive health. **Finding little ways to bring joy to your every day is the most important thing you can do right now to stay healthy and well as we work together to flatten the curve.**



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