

# Ideas to engage in meaningful activity

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|    | ■ <b>Listen to music</b> – studies have shown listening to music can enhance your memory   |
|    | ■ <b>Tell a joke or watch a funny film</b> – laughing reduces cortisol levels and studies suggest lowering stress will improve memory    |
|   | ■ <b>Turn the radio on</b> – listening to the radio can improve cognitive function but make sure it's a station that people want to hear |
|  | ■ <b>Play simple brain games and puzzles</b> – keep the brain active and improve brain health  |
|  | ■ <b>Have a chat</b> – engaging people in discussions improves mental wellbeing  |
|  | ■ <b>Look at photos</b> – taking the time to reminisce over photos from the past can improve mood by bringing back happy memories        |
|  | ■ <b>Take a walk</b> – movement boosts the blood flow to the brain   |
|  | ■ <b>Work on tasks together</b> – simple tasks such as setting the table or light dusting can help create a sense of purpose             |
|  | ■ <b>Use skype</b> – providing easy access to friends and family can help reduce feelings of isolation                                   |
|  | ■ <b>Use a smart speaker</b> – technology such as smart speakers can help maintain a certain level of independence                       |
|  | ■ <b>Go outside</b> – 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.

