

5 THINGS THAT INCREASE YOUR BDNF

by @inner_drive | www.innerdrive.co.uk

HOW TO ENHANCE MEMORY, IMPROVE YOUR MOOD AND LEARN BETTER



EXERCISE

To increase your levels of BDNF, incorporate some exercise into your daily routine. Even 20 minutes can make a big difference.



SLEEP

Deep sleep is good for restoring your BDNF levels, so try and get the recommended 8-9 hours!



EAT FOODS RICH IN OMEGA-3

Salmon, walnuts, and green leafy vegetables are all foods that will help boost your BDNF levels.



CUT DOWN ON SUGAR

Too much sugar can make you feel dreary and impair your cognitive skills. Decrease your sugar intake and see how much better you feel.



MANAGE YOUR STRESS

Piling on too many tasks will have a negative effect on you and your brain! Try to set yourself smaller tasks to help keep the stress at bay.



7 Reasons Why it is Good to Ask for Help

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- 1** Develops relationships with others
- 2** It is a sign you are a high performer
- 3** Improves your resilience
- 4** Develops a growth mindset
- 5** Improves your mental health
- 6** Others will value you more
- 7** Working with others is better than working alone

4 Ways to Improve Mindfulness

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1 Build relationships with the people around you

Spend time with friends and family. Talking about your problems takes the weight off your shoulders and offers perspective.

2 Keep Learning

This helps you develop and grow. It gives a sense of achievement and facilitates the development of better coping skills.

3 Be Active

Release the stress that has accumulated during the day. Exercise is a great way to wind down and regain control.

4 Keep a diary

Writing down your thoughts and feelings helps you improve your self-awareness. It can also add a sense of closure and allows time for reflection.

5 Ways to Improve Mental Wellbeing

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1

CONNECT WITH OTHERS

2

GET ACTIVE

3

BE MINDFUL

4

KEEP LEARNING

5

GIVE TO OTHERS