

## 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.



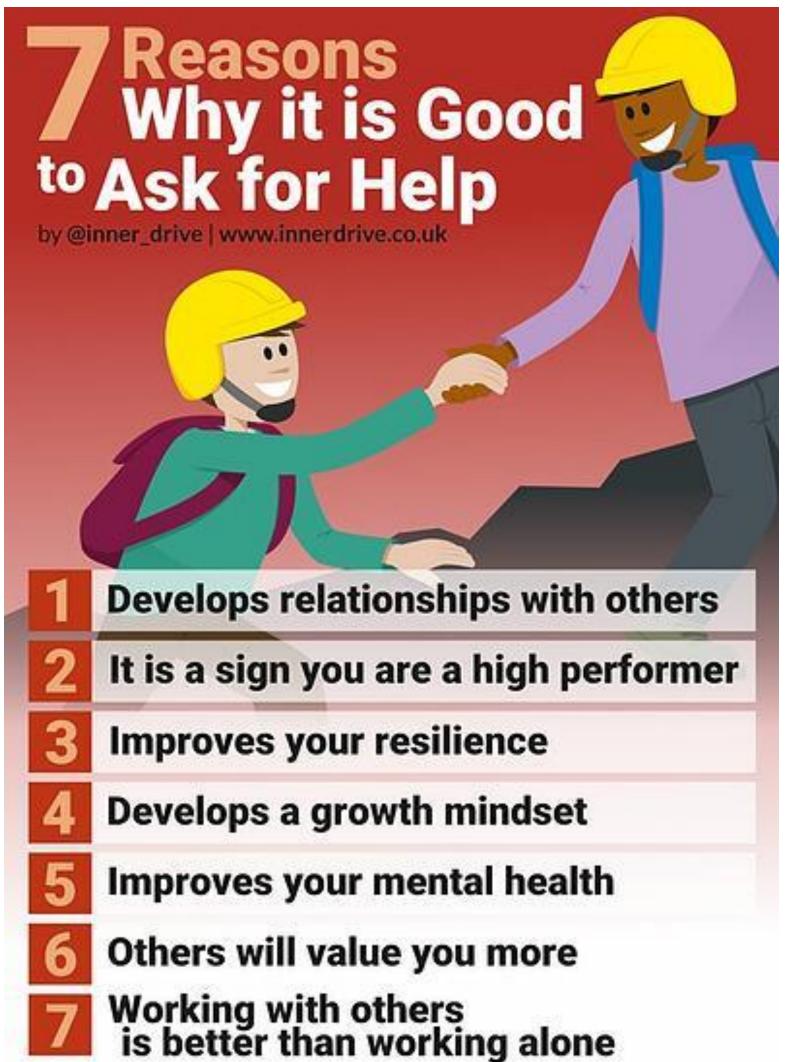
#### **CUT DOWN ON SUGAR**

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.



# 4 Ways to Improve Mindfulness

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**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.

**Keep Learning** 

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

**Be Active** 

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

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.

## Ways to Improve Mental Wellbeing

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- CONNECT WITH OTHERS
- 2 GET ACTIVE
- BE MINDFUL
- (4) KEEP LEARNING
- (5) GIVE TO OTHERS