

Holistic Fitness: Brain Health requires a holistic approach. Individuals should address areas including nutrition, stress, exercise and sleep.

Brain Health and Fitness

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Factors Influencing Performance

Performance is affected by: skills, knowledge, emotion, motivation and ability.



Affect of Stress & Sleep Deprivation

When deprived of sleep and under stress, an individual's Task Control Performance will decline by 3.5%, a non-significant performance decline. However, their Visual-Motor Control will go down by 27.5%, a significant performance decline.

Tips for Immediate Stress Relief

Connect to a loved one – Prepare yourself- Know yourself – Exercise for a quick burst of energy – Get some fresh air – Have a small treat – Laugh

Nutrition Tips

Hydrate, increase good fats, balance your diet, increase good carbs, reduce sugar/salt, and limit caffeine.

50 Best Brain Foods

Almonds – Almond milk, unsweetened – Apples – Asparagus – Avocados – Bananas – Beans, black, pinto, garbanzo – Bell peppers, yellow, green, red and orange – Beets – Blackberries – Blueberries – Broccoli - Brussels Sprouts – Carrots – Cheese, low fat – Cherries – Chicken, skinless – Cranberries - Egg whites – Grapefruit – Herring – Honeydew – Kiwi – Lemons – Lentils – Limes – Oats – Olives – Olive Oil – Oranges – Peaches – Peas – Plums – Pomegranates – Raspberries - Red Grapes – Soybeans – Spinach – Strawberries – Tea – Green – Tofu – Tomatoes – Tuna – Turkey, skinless – Walnuts – Water – Whole Wheat – Wild Salmon – Yams and sweet potatoes – Yogurt, unsweetened

Train Your Brain for Mental Agility

Just as physical exercise strengthens your body, mental exercises can strengthen your brain power. Ways to train your brain:

- *Games* can improve brain speed & memory
- *Meditation* can improve decision-making
- *Telling Stories* can solidify memory
- *Reading* challenges the brain
- *Learning New Skills* is essential for mental agility
- *Making simple changes* can add variety

Mental Resilience

Mental resilience is an important factor in success. Resilience core competencies include:

- Self-Awareness
- Self-Regulation
- Optimism
- Mental Agility
- Strength of Character
- Connections to Others

Mental Resilience: Myths & Facts

Myths	Facts
You don't show emotion	Regulate emotion
Its about the individual	Its about the individual and their relationships with others
You must handle everything on your own	Asking for help is a sign of strength and courage
Must always act fast	Know when to slow down
Must always feel composed	Sometimes not composed
You have it or you don't	Everyone can develop it

Connections to Others: Active Constructive Responding

- Respond with a style that leads to stronger relationships
- Build strong relationships
- Praise to build mastery and winning streaks
- Communicate clearly and with respect

Optimism: Hunt the Good Stuff

- Counteract internal stress
- Gain appreciation of the little things
- Promote optimism, gratitude and health

Final Tips

- Practice Life Long Learning
- Keep Social Connections
- Exercise – Its cognitive candy
- Treat / Control Medical Conditions

Exercises

Have fun while challenging your brain

Question:

What is the missing letter?

J ? M A M J J A S O N D

Answer:

F as in February. The letters each represent the months of the year.

Question:

There is an electric train traveling South. The wind is blowing from the north-west. In which direction would the smoke from the train be blowing?

Answer:

Electric trains don't smoke!

Web Resources

You can find more brain challenges online

Braingle

<http://www.braingle.com>

More than 10,000 puzzles, games and other brain teasers plus an online community of enthusiasts and a way to create your own puzzles

Luminosity

<http://www.luminosity.com>

Fun brain training and mental fitness games, tests and activities