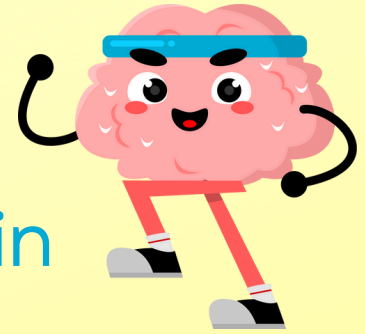




Wellness Wednesday



Power Up Your Brain

Our minds need to be continually inspired and exercised just like our bodies.

Intellectual wellness is the practice of engaging in activities that stimulate the mind, helping to expand knowledge and skills. It can include being open to new ideas, challenging yourself, and seeking out new experiences. Intellectual wellness can also include personal and professional development, cultural involvement, community involvement, and personal hobbies.

Ways to improve intellectual wellness:

- **Read:** Encourage reading (audio books count!)
- **Take a class:** Take a class outside of your field or concentration
- **Attend an event:** Attend a play, museum exhibit, poetry reading, or seminar or conference on something you're unfamiliar with
- **Debate:** Respectfully debate with someone
- **Learn another language:** Learn another language
- **Do crossword puzzles:** Do crossword puzzles
- **Engage in research:** Engage in research opportunities
- **Develop good study skills:** Develop good study skills and time management
- **Become a critical thinker:** Become a critical thinker
- **Develop your own ideas:** Develop your own ideas, views, and opinions
- **Expose yourself to new ideas:** Expose yourself to new ideas, people, and beliefs that are different from your own



**PLAY
brain
games**

**EXPERIENCE
THE ARTS**

TALK IT OUT

read