

# 4 ways to improve your intellectual wellness



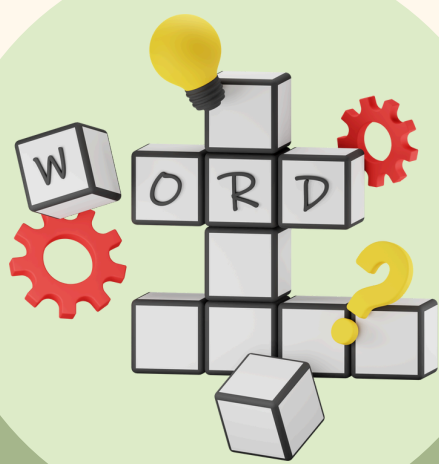
## Read

Is there a topic you have always wanted to learn more about? Order a book or download it. You can also borrow a book from your NLC library. Reading not only exercises the brain but also improves the ability to focus and reduces stress.



## Explore things

When you try new activities, you open new paths in your brain and promote growth. Try a new hobby, a fresh career path, or a new activity; visit and learn about new places and cultures. Expand your intellect by exploring and learning new things.



## Play brain games

Brain games help you to increase focus, concentration, and memory. Get together with friends and play chess, scrabble, or challenge yourself with a crossword puzzle or sudoku. You can also find many online challenging games that will exercise your brain.



## Experience the arts

Both viewing and making art can make positive impacts in your brain. Music, painting, photography, dance, and other forms of art can stimulate your brain in new ways. Attend an art class, a museum, or a cultural event online or in person. The more we immerse ourselves in arts and aesthetics, the happier and healthier we become.

Sources: Healthline, Benecditine living, STRIDE for better mental health, Markham public library, Univesity of Arizona.



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