

# Brain

## HEALTH PROGRAM



# Episode Guide

## Self Care



**Brain Boost**



**Brain Health 101**

**FOR MORE INFORMATION ABOUT HEALTHY BRAIN AGING AND CLINICAL TRIAL RESEARCH CALL:**

**SANDERS-BROWN CENTER ON AGING**

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## **Program Description:**

### **Brain Boost**

Activities When Living with Early to Moderate Dementia

### **Brain Health 101**

Activities When Living with Early to Moderate Dementia

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# Salt Cave Meditation



## Modifications

Finding a relaxing place to pause and take some deep breaths is an important part of taking care of yourself and your brain health. You may not have access to a salt cave and that is okay. You can use other things to create a nice and relaxing space. Here are some things to try:

Play soft music

Eliminate distractions

Dim the lighting

Find a comfortable place to sit

Look at an image of a place that brings you peace

Find something tactile like a sand garden to use as a calming technique

Use different aromas through oils or lotions

The possibilities are endless and will be different for each person.



Brain Boost



Brain Health 101



## Modifications

Gardens stimulate the senses! Pause the video at anytime to discuss the garden tour. You could say things like, “Aren’t those beautiful flowers? Your favorites!”

Take a garden tour in your area. There may be special gardens open for tours. Or you may have plants in your yard, neighborhood, or community park. You may even want to take a trip to a landscaping store. Make sure where you are includes a safe place to walk with no trip hazards. Make sure to take time to stop and smell the flowers blooming. If the flowers are your own, pick a few and make a bouquet. You could even give the bouquet to a friend.

Another way to modify the garden tour is to view photographs of gardens. You could look at old photographs you have, view images online, or get some books from the library with pictures. Engaging together about your favorites, or most colorful, or your own experiences in the garden can provide meaning. Saying things like, “tilling the soil was a dreadful task, but picking the flowers made it worth it!”