

BRAIN HEALTH BOOST



Brain Healthy Lifestyle: Creativity and Creating Your Living Message

While we are beginning to see some of the COVID-19 restrictions lifted, chances are you will continue to practice some form of safer-at-home for several weeks to come. Staying at home limits the spread of the coronavirus, but it is also a perfect opportunity for creative growth for individuals as well as with families and for our greater community.

The Brain Health Initiative suggests engaging in creative work that helps you experience positive emotions that can carry over into the following day as well. Creative activities can also add meaning and purpose to your life.

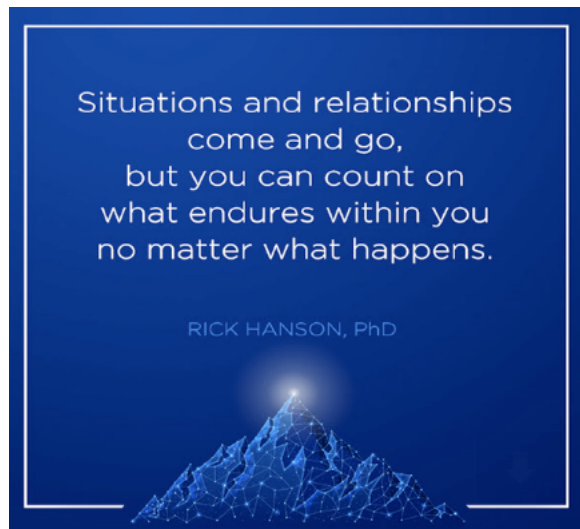
An activity suggested by Brain Health Initiative is creating your living message. If you could share one message, one piece of wisdom, with others, what would it be? All great works of art have a theme or message. Your life, like a piece of art, has a message as well. Discovering and sharing your message can be a brain health challenge and boost while filling your life with purpose, increasing your energy and enthusiasm, and generating passion for being alive.

Brain Health Initiative's faculty, Dr. Shelley Carson, a lecturer in the department of psychology at Harvard University says, "Think about it, there is no other being that possesses your exact combination of memories, knowledge, and skills. Your perspective is truly unique! How you interpret the body of experience and knowledge that you've acquired – your one-of-a-kind wisdom—is vitally important."

WHAT YOU CAN DO TODAY TO PROTECT YOUR BRAIN HEALTH

- Identify something you think would benefit other young people your age, and if you're a young person, it could be something you would like youth of future times to know about the importance of being a kid in 2020. (It is important to include children in this activity, as well.)
- Your message should be concise—a phrase (and no longer than a sentence at most).
- Your message should be positive, or at least not negative, in its wording.
- Your message should be larger than yourself—that is, it should be applicable beyond your own personal experience.
- Think about your best message. Write it down and edit it until you get it the way you want it. It will help you stay grounded during these uncertain times as well as more certain times.

Read Dr. Carson's [Psychology Today](#) post.



About the Brain Health Initiative (www.brainhealthinitiative.org)

The Brain Health Initiative (BHI) is a cutting-edge, new approach to protecting brain health and fighting brain illness across the lifespan. The BHI works collaboratively with Massachusetts General Hospital, a Harvard Medical School Teaching Hospital, and the Academy for Brain Health and Performance to build brain healthy communities through education, research, innovation and action, and specifically focusing our efforts on brain health promotion, prevention, early detection, evidence-based intervention, and performance optimization. The BHI is creating a movement that promotes a culture that values increasing protective factors and reducing risk factors, thereby improving brain health and optimizing brain performance outcomes for the Florida SunCoast region and beyond. Join the brain health movement, because brain health matters, and lifestyle makes a difference.

To view all Brain Health Boosts [click here](#).