

Caring for Your Vision Brain

Ideas to help keep your brain active and healthy so you can perform at your visual potential...

There are many things you can do to help keep your brain functioning at its peak performance. The better your brain works the better your visual system functions.



Exercise moderately.

150 minutes of exercise a week is recommended. Limit the time and/or intensity if it increases symptoms. Check with your physician before starting any exercise program.

Limit the use of electronic devices, especially 2 hours before bed.

The blue light disrupts the normal sleep cycle. Spend time outside, read a book, listen to quiet music before bedtime.

Get good quality sleep.

We all know that we feel better, and think better when we sleep well. Research shows us that we need 7 hours of sleep in horizontal plane for the cerebral spinal fluid to flush the brain.



Eat Healthy: You are what you eat!

The connections in the brain function better when supplied with the proper vitamins and nutrients. Our modern diet is loaded with foods that cause inflammation, and lack the appropriate fats, vitamins, and minerals for our brains to function well. The anti-inflammatory diet provides suggestions of foods to avoid, and foods to gravitate toward. Try small steps in changing your diet, like cutting out all drinks with sugar, or artificial sweeteners for the first week. Then try cutting out dairy, which is one of the most highly inflammatory foods. It is not easy to change, but well worth it!

Drink plenty of water.

Water is needed to flush waste from the body. Avoid drinks with sugar, caffeine, artificial sweeteners or color, and preservatives.





Exercise your brain!

Your brain is like a muscle, the more you exercise it, the better it will function. “If you don’t use it, you’ll lose it!” There are many ways to challenge and exercise your brain: move, read, sing, dance, learn a new language, tai chi, or how to play a musical instrument, puzzles of all kinds, brain games, social interactions, games (especially strategy games), crossword puzzles, word searches, picture puzzles, Sudoku, and memorize poetry, to name a few. It is always better to do these in the real world, but there are many stimulating brain activities you can engage in on electronic devices as well.

Manage stress levels!

Stress produces chemicals in the body which interfere with efficient functioning of the brain, especially when sustained over a long period of time. Exercise helps reduce stress and these harmful chemicals.

Spend some time each day doing a favorite activity, and surround yourself with supportive relationships to help manage your stress.

Here are some other ideas to reduce stress:

- Go for a walk, run, swim, or bicycle
- Look at the sky
- Listen to music or the sounds of nature
- Spend time with a pet or observing nature
- Meditate or daydream
- Draw, paint, color, craft, create

Avoid high risk behaviors!

- Wear your seatbelt
- Wear a helmet when appropriate
- Avoid smoking
- Manage your blood pressure and blood sugar
- Manage your weight
- Avoid sitting still for too long
- Avoid people/places with negative attitudes

Additional Information

You can choose...

Our brain is shaped by what we do...life. It is constantly pruning, and making new connections. You can choose to care for your brain or not. It is possible to protect your brain against degeneration by building reserves, and strong connections thru adulthood.

Fun brain facts...

The brain comprises 2% of your body weight, but consumes 30% of the body’s blood oxygen, and 20% of the body’s blood glucose.

The brain is 60% fat.

40 to 60% of the brain is involved with vision.