

Brain Health: The Basics



Brain health is an important part of your overall health. Your brain helps you think, learn and interact with the world around you. Your brain health can affect many things in your life, like how you feel, think and act. A healthy brain is essential for performing daily tasks, making decisions and maintaining relationships.

Several factors play a role in your brain health, including genetics, lifestyle choices and environmental influences. Exercising often, getting regular sleep, and eating a healthy diet with lots of nutrients are important for keeping your brain healthy. Brain-stimulating activities, like reading, puzzles or learning new skills, can also help build up memory and lower the risk of losing memory.

Here are some key aspects of brain health:

- 1. Cognitive function.** Cognitive function refers to the brain's ability to process information, remember things and make decisions. It includes everything from your attention and memory skills to your learning and problem-solving capabilities.
- 2. Emotional regulation.** Emotional regulation is the ability to manage stress, anxiety and other emotions. It involves recognizing and understanding emotions, developing coping strategies and maintaining a healthy emotional balance.
- 3. Behavioral health.** Behavioral health refers to the actions and habits that impact your mental and physical wellbeing. Engaging in healthy behaviors, such as regular exercise, balanced eating and adequate sleep, can support brain health.
- 4. Social connections.** Social connections play a vital role in supporting brain health. Building and maintaining strong relationships with family, friends and community members can help reduce stress, improve mood and increase feelings of belonging and purpose.

Brain health is important for your overall health as it controls your awareness, attention, emotional regulation and behavior, and can impact how you think, feel and act. A healthy brain is essential for daily tasks like decision making, building relationships and paying attention. By focusing on your brain health and adopting healthy habits, you can support your overall health and improve your quality of life.

Several factors play a role in your brain health, including genetics, lifestyle choices and environmental influences. Brain-stimulating activities, like reading, puzzles or learning new skills, can help build up memory and lower the risk of losing memory.



Learn more: [who.int/health-topics/brain-health](https://www.who.int/health-topics/brain-health)

What are Cognitive Diseases?



Cognitive diseases affect how we think, remember and behave. They can be caused by genetics, lifestyle or injuries, and can significantly impact a person's quality of life. Some of the common cognitive diseases are Alzheimer's disease, dementia and traumatic brain injury (TBI). Diseases like these can cause changes in how you think, either slowly over time or suddenly all at once.

Dementia is a broad term describing a decline in brain function. It includes symptoms like memory loss, difficulty with communication and other thinking problems. Dementia is a condition with many causes. Common signs of dementia include struggling with daily tasks, feeling confused, and experiencing mood or behavior changes.

Alzheimer's is a type of dementia that accounts for 60-80% of dementia cases. It typically starts with memory loss and can worsen over time, affecting communication, awareness and mood. Over 7 million people aged 65 and older in the U.S. live with Alzheimer's. While the exact causes are still unknown, research suggests a mix of genetic, environmental and lifestyle factors contribute to its development.

Traumatic brain injury (TBI) occurs when a head injury disrupts normal brain function. TBIs can be mild to severe with effects that may show up right away or over time. It can also cause physical, emotional and mental symptoms. Although TBI isn't a form of dementia, it can increase the risk of developing dementia later in life.

These conditions are distinct but related. Understanding their differences and complexities can help you navigate the challenges they present more effectively and take actions now to prevent them from developing later in your life.

RESOURCES FOR CAREGIVERS

Are you a caregiver of someone with a cognitive impairment? Caregivers of people with cognitive impairment can access various resources to support their caregiving journey. Organizations like the Alzheimer's Association and the National Institute on Aging offer educational materials, support groups and online resources to help caregivers navigate the challenges of caregiving. Local community centers, healthcare providers and online forums can also provide valuable connections and guidance. These resources can help caregivers develop coping strategies, manage caregiving responsibilities and maintain their own well-being.

Learn more:
alz.org/help-support/caregiving

Learn more: dementiasociety.org/definitions and alz.org/news/2025/alzheimers-brain-awareness-month-june

Taking care of your brain

To promote better brain health and reduce the risk of cognitive diseases, consider incorporating these tips into your daily routine:

Lifestyle modifications

- **Regular exercise:** Do at least 150 minutes of moderate exercise each week. This includes walking, cycling or swimming.
- **Social engagement:** Stay in touch with friends and family and do things to build and keep relationships.
- **Stress management:** Practice stress-reducing techniques like meditation, yoga or deep breathing exercises.
- **Adequate sleep:** Aim for 7-9 hours of sleep each night to help clear your brain and consolidate memories.

Dietary changes

- **Balanced diet:** Focus on consuming a variety of whole foods, including fruits, vegetables, whole grains, lean proteins and healthy fats.
- **Omega-3 rich foods:** Include foods high in omega-3 fatty acids, such as salmon, walnuts and chia seeds, in your diet.
- **Antioxidant-rich foods:** Eat foods rich in antioxidants, like berries, leafy greens and other fruits and vegetables.
- **Limit processed foods:** Minimize your intake of processed and high-sugar foods that can negatively impact brain health.

Cognitive training and stimulation

- **Mental stimulation:** Engage in activities that challenge your brain, such as reading, puzzles or learning a new skill.
- **Cognitive training:** Consider participating in cognitive training programs or brain games that target specific cognitive skills.
- **Lifelong learning:** Pursue opportunities for continued learning and personal growth to keep your brain active and engaged.

Additional tips

- **Manage long-term health:** Manage long-term health conditions, like diabetes, high blood pressure and heart disease to lower the risk of losing memory.
- **Stay hydrated:** Drink plenty of water throughout the day to stay hydrated and support brain function.
- **Limit alcohol consumption:** Drink alcohol in moderation, as excessive consumption can negatively impact brain health.

By using these tips every day, you can make small changes to help your brain stay healthy and reduce the chance of brain diseases.

Learn more: [mayoclinic.org/healthy-lifestyle/healthy-aging](https://www.mayoclinic.org/healthy-lifestyle/healthy-aging)

The MIND Diet

You're likely familiar with diets that promote heart health, but have you considered the MIND diet? The MIND diet, or Mediterranean-DASH Intervention for Neurodegenerative Delay, is a carefully made mix of the Mediterranean and DASH diets meant to promote brain health. It is designed to help brain health and reduce the risk of cognitive decline. By adhering to the MIND diet for approximately five years, research suggests that you can lower your Alzheimer's disease risk by up to 53%. The diet focuses on eating foods that have a lot of nutrients, like whole grains, greens, berries, nuts, beans, olive oil and fish. These foods are known to reduce inflammation and oxidative stress, which are important factors that are thought to cause neurodegeneration. [Learn more: hucihealth.org/blog](https://www.hucihealth.org/blog)

FETA AND PEPPER EGG BITES



These baked egg bites are a delicious, protein-packed option for a quick and easy breakfast on the go!

Makes 6 servings.

Ingredients:

- 2 tablespoons extra-virgin olive oil
- ¾ cup diced onion
- ¼ teaspoon salt, divided
- 1 medium red bell pepper, diced
- 1 tablespoon finely chopped fresh oregano
- 8 large eggs
- ¾ cup crumbled feta cheese
- ½ cup low-fat milk
- ½ teaspoon ground pepper
- 2 cups chopped fresh spinach
- ¼ cup sliced Kalamata olives

Directions:

Before you begin, wash your hands.

1. Preheat oven to 325°F.
2. Heat 2 tablespoons of oil in a large skillet over medium heat. Add ¾ cup onion and ⅛ teaspoon salt; cook, stirring occasionally, until starting to soften, about 3 minutes. Add diced bell pepper and 1 tablespoon oregano; cook, stirring, until the vegetables are tender and starting to brown, 4 to 5 minutes more. Remove from heat and let cool for 5 minutes.
3. Whisk 8 eggs, ¾ cup feta, ½ cup milk, ½ teaspoon pepper and the remaining ⅛ teaspoon salt in a large bowl. Stir in 2 cups spinach, ¼ cup olives and the vegetable mixture, including any residual oil. Liberally coat a 12-cup muffin tin with cooking spray. Divide the egg mixture among the prepared muffin cups (about ¼ cup each).
4. Bake until firm to the touch, 25 to 30 minutes. Let it stand for 5 minutes before removing from the tin.

NUTRITION INFORMATION

Calories per serving	226
Sodium	466 mg
Fat	17 g
Saturated Fat	6 g
Carbohydrates	32 g
Cholesterol	266 mg
Protein	13g
Total Sugars	4 mg

JUNE 2026



PRIDE MONTH

Pride Month is a nationally recognized month dedicated to promoting equality, justice, and recognition of the LGBTQ+ community's contributions and achievements.

Learn more: them.us/story/the-complete-history-of-pride

ALZHEIMER'S AND BRAIN AWARENESS MONTH

Alzheimer's is a brain disease that impacts nearly 7 million Americans. Learn the signs and everyday actions you can take to promote better brain health.

Learn more: alz.org/abam.

NATIONAL HIV TESTING DAY **JUNE 27**

Getting tested for HIV is an important part of regular health screenings.

Learn more: hiv.gov/hiv-basics

HEALTH EQUITY

An important part of equity is health equity. Health equity refers to a person's access to health and wellbeing resources, regardless of their background.

Learn more: who.int/health-topics/health-equity

SU	MO	TU	WE	TH	FR	SA
	1	2	3	4	5	6
						Global Wellness Day
7	8	9	10	11	12	13
		Hijri New Year	Hijri New Year		Juneteenth	
14	15	16	17	18	19	20
Father's Day						
21	22	23	24	25	26	27
28	29	30				