

Your Mind Matters

Preserve Your Brain Health for Your Best Life



FEATURED ARTICLE

October is Depression Awareness Month

These days, the risk of depression and anxiety is more prevalent than ever. As always, it's important for us to monitor our own wellbeing and mental health.

October is National Depression Awareness Month. Raising awareness of this common mental health condition with education and conversation is the best way to increase our understanding on this topic.

Depression may seem obvious when we see it in others but it's not always easy to recognize when we're dealing with it ourselves. We may be experiencing symptoms like:

- Sleeplessness or sleeping too much
- Ongoing fatigue
- Loss of appetite or overeating
- Withdrawal from others
- Difficulty with focus, concentration and memory
- Self-doubt and negative self-talk
- Thoughts of self-harm, suicide or feeling that life is not worth living

Here are some other facts:

- Depression can be genetic. However, it can also be triggered by a major life-event such as the death of a loved one or the diagnosis of a serious illness. At other times, it can appear without obvious cause.
- Some people are able to hide their depression with a cheerful facade, which is why it is sometimes called the "hidden illness".
- Eating well, being social and getting good quality and quantity of sleep can help alleviate symptoms of depression.
- Exercise can help to reduce symptoms as it has been shown in research to elevate mood naturally.

Depression is a highly treatable mental condition. Speak to your physician to discuss whether medication and therapy with a licensed counselor is right for you. If you think you or someone you love is experiencing symptoms of depression you can contact the SAMHSA (Substance Abuse and Mental Health Administration) hotline at 1-800-662 HELP (4357).

By Marilyn Abrahamson - Brain-Health Education Specialist at Ceresti Health.

MEMORY TIP OF THE MONTH

Forget Me Not Boxes

Have you ever lost your keys? It happens to everyone - and it's not a problem exclusive to those over 65. If you've got children, think back to how many times they asked you where their backpacks or their sneakers were?

Misplacing things is not a problem commonly associated with memory, but with attention. It's a lack of mindfulness.

If you put something down in an unusual spot and your mind is elsewhere, how can you possibly know where you left it? Here's the fix.

Forget Me Not Boxes!

1. Put out small boxes or containers around your home.
2. Identify 4 or 5 small items that you frequently misplace, such as your phone, wallet or glasses.
3. Once you make your mental list of these items, only place them down in these boxes - never in any other spot.
4. As you do this, you'll be mindful as you put down your item, making it unlikely that you'll misplace it. If you do forget, then the number of places you'll need to look for it will be limited to the number of boxes in your home.

Start creating a mental list of items that you frequently misplace, gather up some boxes and bowls and give this simple memory strategy a try! No more searching!



For more information about brain health or caregiver support please visit the **Ceresti Brain Health Education portal** at brainhealth.ceresti.com and enter code **GIVECARE**.

GROW YOUR BRAIN

Grow Your Brain By Shaking Things Up

Every day you go through the motions. You wash up, you know where everything is in the bathroom.

You get dressed, and everything in your closet is where you expect it to be. You easily grab a shirt, a top, a pair of shoes.

You go to the kitchen and make breakfast, which could be done with your eyes closed. You know where the plates, the utensils and where the coffee are all kept. You don't have to think because everything has its place.

What if everything you needed was still available to you, but moved to different locations? You **would** have to think - and that's what this Neurobic exercise is all about!

Move your cooking utensils to the other side of the stove. Put the coffee on a different shelf of the pantry. Move the stapler and the scotch tape to the opposite side of your desk. You can even rearrange your toiletries in the shower.

Create an environment where your brain stays switched-on. That's what keeps those neural pathways lighting up.

Give it a try!

**All of the Neurobic exercises in the Grow Your Brain section of the Your Mind Matters Newsletter are based on excerpts from the book "Keep Your Brain Alive" by Dr. Lawrence Katz and Manning Rubin. Workman Publishing, New York.*



MONTHLY BRAIN CHALLENGE

Octogenarian



The word **Octogenarian** is defined as: *a person who is between 80 and 89 years of age.*

Using this word, see how many other words you can create using the letters in the word below. You can mix letters up to create words like RAIN and NONE but you can only use each available letter one time in a word.

Keep a running list on a separate sheet of paper and keep revisiting this puzzle as you find more words.

Octogenarian
