



## Brain Health Toolkit

### Practical Tools to Support Brain Health, Focus, and Emotional Well-Being

Your brain plays a central role in how you think, feel, and respond to daily life. Focus, memory, emotional regulation, and stress management are all closely connected to brain health. When life feels demanding, your brain often feels it first.

The encouraging news is that the brain is adaptable. With the right habits and tools, it can strengthen over time. This Brain Health Toolkit brings together simple practices, checklists, and optional digital tools to help you support cognitive wellness in realistic, sustainable ways.

You don't need to do everything here. Think of this toolkit as a menu: choose what fits your life right now. Any selection you make will also help boost your mental health and well-being.

### Why Brain Training Matters

Brain health and mental health are deeply connected. Ongoing stress, mental overload, and lack of rest can affect mood, focus, and emotional balance. Practices that support brain function can help improve resilience, clarity, and overall well-being.

Brain training is not about performance or perfection. It is about supporting your brain so it can work with you, not against you.

### Start Here: Brain-Healthy Basics

Before jumping into exercises or apps, it helps to build a strong foundation. These everyday habits support brain function at every age.

### Daily Brain-Healthy Basics Checklist

- Move your body, even briefly (walk, stretch, stand)
- Drink water throughout the day
- Eat at least one balanced meal with whole foods
- Take short breaks from screens when possible
- Aim for consistent sleep and wake times

You don't need to check every box. Even one or two small actions can support your brain, which will help improve your mental health!

## Simple Brain Training Exercises

These short exercises can be used anytime you feel distracted, mentally overloaded, or emotionally drained.

### Focus Reset

Pause for one minute.  
Take five slow breaths.  
Then choose one task to focus on for the next 10–15 minutes.

### Memory Builder

At the end of the day, think of three things you learned, noticed, or accomplished.

### Emotional Check-In

Ask yourself:  
What am I feeling right now?  
What do I need in this moment?

### Cognitive Flexibility Practice

Change a routine in a small way. Try a new route, a new activity, or a different approach to a familiar task.

## Brain-Healthy Engagement

Brain training works best when it feels engaging rather than forced. Many everyday activities support cognitive health while also strengthening connection.

- Puzzles, strategy games, or word games
- Reading or listening to something new
- Creative activities like drawing, music, or writing
- Meaningful conversations with others



## Quick Brain Health Check-In

Use this checklist daily or a few times a week. Keep in mind this is about awareness, not a score.

I paused or slowed down when needed

I focused on one task at a time

I moved or stretched my body

I noticed my emotions without judgment

I connected with someone or something meaningful

## Digital Brain Training Tools Available to You

### Uprise Health App

**Best for:** Personalized brain health and mental wellness support

The Uprise Health digital app is a great place to start, and included in your Employee Assistance Program (EAP) at no additional cost. It offers evidence based mental fitness tools designed to support focus, stress management, emotional regulation, and cognitive wellness as part of a whole person approach.

#### What you'll find:

- A brief well-being check to help identify areas of support
- Self-guided, CBT based skill building exercises
- Short activities you can complete at your own pace
- Options to connect with a well-being coach

**Time commitment:** Flexible, often just a few minutes at a time

Starting with the Uprise Health app can help you build consistent habits and determine which types of brain training tools feel most supportive for you.

## Additional Science-Backed Brain Training Apps

Optional tools to complement healthy routines.

<b>BrainHQ</b>	Best for attention, processing speed, and memory. Developed by neuroscientists and supported by long term research, especially around brain speed and attention.
<b>CogniFit</b>	Best for personalized cognitive assessment and targeted training for memory, attention, and executive function.
<b>Elevate</b>	Best for everyday skills like reading comprehension, math, and verbal fluency.
<b>Lumosity</b>	Best for general cognitive engagement and habit building when paired with healthy routines.
<b>NeuroTracker</b>	Best for focus, visual attention, and mental speed, often used in performance focused training.

### How to Use Brain Training Apps Safely and Realistically

Brain training apps work best when they feel supportive, not stressful.

- Short, consistent use is more effective than long sessions
- Improvements are strongest in the skills you practice
- Apps work best alongside sleep, movement, stress management, and social connection
- If a tool feels frustrating or overwhelming, it may not be the right fit

*Note: brain training apps are not a replacement for professional mental health care. If challenges with mood, memory, or stress persist, please consult your healthcare provider.*

## Brain Training Challenge: 14 Days of Mental Fitness

If you enjoy structure, try this light, flexible challenge. Complete days in any order or repeat what works best. Remember, **progress** matters more than **completion**.

### Week 1: Awareness and Focus

- Day 1: Take a one minute breathing pause
- Day 2: Move your body for 10 minutes
- Day 3: Drink an extra glass of water
- Day 4: Do one task without multitasking
- Day 5: Write down one thing you learned
- Day 6: Connect with someone you trust
- Day 7: Reflect on what helped most

### Week 2: Flexibility and Resilience

- Day 8: Change a routine in a small way
- Day 9: Do a puzzle or creative activity
- Day 10: Take a short screen free break
- Day 11: Name your current emotion and need
- Day 12: Do one act of rest or self kindness
- Day 13: Learn something new for five minutes
- Day 14: Choose one habit to carry forward



## Making This Toolkit Work for You

Start small. Notice what helps. Build from there. Supporting brain health is not about doing more. It's about creating space for clarity, balance, and care, one habit at a time.

**We're Here to Help.**

Call: **800.395.1616**

Visit: **members.uprisehealth.com**