



2026 Fall Wellness Campaign



Toolkit

[tul-kit] *noun*

1. a collection of tools or other useful equipment typically kept in a box or case
2. a collection of expert skills, knowledge, procedures, or information for a particular topic

What would a wellness toolkit look like? Think of it as a collection of strategies that support the management of stress, boost happiness, elevate cognitive skills, and bolster bodies. It could include simple coping techniques, movement and nutrition tips to keep your body strong, and activities that improve cognition. Use the tools that work for you—your toolkit doesn't need to include everything, just those things that help you thrive.

Week 1: Sharpen Your Mind



Keeping cognitive skills sharp, memory working at its best, and your mind resilient for a lifetime is the goal. Try some of these tools to support your brain's fitness:

 **Keep learning.** Learn a foreign language, how to play a new instrument, or expand your vocabulary.

 **Focus on details.** Draw a map from memory or visualize objects from different angles to strengthen spatial awareness.

 **Try dual-task activities.** Combine movement with mental challenges to engage multiple areas of the brain at once such as reading while walking on a treadmill.

 **Use all your senses.** The more senses involved in an activity, the more brain regions you activate.

 **Break your routine.** Use your non-dominant hand for everyday tasks like brushing your teeth, stirring, or writing to create new neural pathways.

 **Give your brain a workout.** Do mental math, recall names and words, or solve puzzles instead of relying on technology.

 **Read regularly.** Reading and listening to books help strengthen memory, support language skills, and reduce cognitive decline.



POWER TOOL! Move Your Body to Boost Your Brain. One of the best ways to support brain health is through physical activity. Research suggests that aerobic exercise helps improve overall cognitive function, while strength training supports memory and executive function.

Taking care of your body is one of the most effective ways to take care of your mind.



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