

Leader Talking Points: Cognitive Health

- Cognitive brain health refers to our ability to clearly think, remember, and learn
- Brain health can be affected by age-related changes in the brain, injuries such as stroke or traumatic brain injury, mood disorders such as depression, substance use disorder or addiction, and diseases such as Alzheimer's disease
- While some factors affecting brain health cannot be changed, there are many lifestyle changes that might make a difference
- Prioritize your physical health
 - Schedule regular preventive health screenings
 - Limit alcohol use
 - Refrain from smoking and nicotine
 - Sleep 7-8 hours each night
- Maintain a healthy diet
 - Incorporate fruits and vegetables, whole grains, lean meats, and low-fat or nonfat dairy products
 - Avoid foods that are heavily processed, high in saturated fat, and contain added sugars
 - Drink plenty of water
- Stay physically active
 - Aim for at least 150 minutes (2.5 hours) of physical activity each week
- Keep your mind active
 - Read books, newspapers, magazines, etc.
 - Play boardgames, cards, or puzzles
 - Learn a new skill or hobby
- Stay socially connected
 - Schedule regular visits with family and friends.
 - Consider joining a hobby club or volunteering for a local organization that supports a cause close to your heart
- Manage stress
 - Practice mindfulness and relaxation techniques, such as yoga, breathing exercises, and meditation
 - Seek professional help if stress is overwhelming
 - Caterpillar's global Employee Assistance Program (EAP) is a free, voluntary, and completely confidential benefit provided to employees and their eligible family members to help meet many challenges at home and work
 - Help is available 24/7; call **+1-866-CAT(228)-0565** or visit **CaterpillarEAP.com**