

Rewire Your Brain With These Activities

Long gone are the days when researchers believed intelligence was fixed and cognitive abilities were static. We now know the brain is highly adaptable, constantly changing and evolving based on experience. Learning new skills and trying new activities can rewire your brain, leading to increased **neural connectivity** between brain regions, new neural connections and less mental decline as you age which decreases your risk of dementia.



Trying new activities leads to improvements in:

- Learning
- Memory
- Self-regulation and self-control
- Brain resourcefulness
- Problem solving
- Attention (focus)
- Cognitive flexibility — ability to quickly switch between tasks
- Multitasking
- Executive functioning (memory, self-control and cognitive flexibility)

Rewire your brain with these 20 activities, all of which are proven to increase your cognitive abilities. Try something new each day or maximize the brain benefits of these activities by creating a habit and selecting one activity to do for 28 days.

Select an accountability partner by inviting a family member, friend or colleague to commit to a new activity with you and don't forget to share what you're doing on the **Community Feed!**

Activities			
Go for a run Connect to a device: <ul style="list-style-type: none"> • <u>Garmin</u> • <u>AppleWatch</u> • <u>FitBit</u> Download a fitness app: <ul style="list-style-type: none"> • <u>Nike Training Club</u> • <u>Peloton</u> • <u>Strava</u> 	Read a new book/article Check out one of these: <ul style="list-style-type: none"> • <u>Well-Being articles</u> 	Start learning a new language Use one of these apps: <ul style="list-style-type: none"> • <u>Duolingo</u> • <u>Memrise</u> • <u>HelloTalk</u> Take a course: <ul style="list-style-type: none"> • <u>AECOM University</u> 	Paint Use this app: <ul style="list-style-type: none"> • <u>Happy Color</u> Sign up for a course: <ul style="list-style-type: none"> • <u>AECOM University</u>
Meditate Use one of these apps: <ul style="list-style-type: none"> • <u>Headspace</u> • <u>Calm</u> 	Dance Use one of these apps: <ul style="list-style-type: none"> • <u>Just Dance Now</u> • <u>Steezy</u> 	Play an instrument Use one of these apps: <ul style="list-style-type: none"> • <u>Yousician</u> • <u>Simply Piano (iOS)</u> • <u>Simply Piano (Android)</u> 	Doodle Use this site: <ul style="list-style-type: none"> • <u>Artful Haven Doodles</u>
Think positively Use this app: <ul style="list-style-type: none"> • <u>Happify</u> 	Make a new friend Use these tips: <ul style="list-style-type: none"> • <u>Building Social Connections</u> 	Get 7–9 hours of sleep Use these tips: <ul style="list-style-type: none"> • <u>Improving Sleep</u> 	Research global causes Use this starting point: <ul style="list-style-type: none"> • <u>GlobalGiving</u>
Make origami Use this site: <ul style="list-style-type: none"> • <u>Simple Origami Projects</u> 	Connect with nature Use these tips: <ul style="list-style-type: none"> • <u>Nature in Your Neighborhood</u> 	Play mahjong or solitaire Use one of these apps: <ul style="list-style-type: none"> • <u>Mahjong Gold (Android)</u> • <u>Mahjong Gold (iOS)</u> • <u>Solitaire</u> 	Play chess or checkers Use one of these apps: <ul style="list-style-type: none"> • <u>Chess — Play & Learn</u> • <u>Checkers</u>
Play charades Use one of these apps: <ul style="list-style-type: none"> • <u>Charades! (Android)</u> • <u>Charades! (iOS)</u> • <u>Heads Up! (Android)</u> • <u>Heads Up! (iOS)</u> 	Play Tetris Use this app: <ul style="list-style-type: none"> • <u>Tetris</u> 	Cook a meal at home Try one of these resources: <ul style="list-style-type: none"> • <u>Healthy International Recipes</u> • <u>Healthy Recipes to Try with Kids</u> • Recipes in <u>AECOM's Global Cookbook</u> 	Solve a puzzle Use one of these apps: <ul style="list-style-type: none"> • <u>Jigsaw Puzzles (Android)</u> • <u>Jigsaw Puzzles (iOS)</u> • <u>Math Riddles and Puzzles</u>