

# Sharper Minds for Safer, Healthier Workers

Workplace safety and health depends on alert workers. Keeping employees' brains sharp and focused on the challenges they face at work helps them to learn, solve problems, and become more proficient in their jobs. It also helps workers keep alert, stay safe, and avoid accidents. In addition, maintaining brain function as they age is an important part of your employees' wellness.

So what's the secret to sharp, healthy minds? According to wellness experts, it really boils down to a lifestyle that promotes healthy brain function. These simple lifestyle choices can help promote wellness and keep the brain sharp:

- Get regular exercise. Being physically active not only keeps your body fit but also helps keep your mind fit as well
- Eat a well-balanced diet rich in antioxidants and omega-3 fatty acids.
- Get enough sleep. Sleep helps the brain remember and process information.
- Remain involved and connected. Stay socially engaged with friends and family, and be active in the community with neighbors and others.
- Keep your brain challenged. Be an active lifetime learner, welcome challenges, pursue new interests and experiences, read, do puzzles, and play games that engage the mind.
- Manage stress and try to maintain a positive attitude—both on and off the job.
- Take good care of your health, and see your doctor when you have symptoms of possible health problems.

Unhealthy choices can interfere with healthy brain function. For example:

- Drug abuse, excessive drinking, and smoking
- Ignoring prescription drug interactions that can affect brain function
- Avoiding a trip to the doctor when you experience unusual physical or mental changes
- Thinking you're too old to learn something new or to make healthy changes in your life

## Why It Matters...

- Employees must be sharp and alert to keep safe and healthy on the job.
- Workers have to be able to learn new skills, solve problems, and meet challenges in order to remain productive and perform well—and all those things depend on a sharp mind.
- Maintaining brain function is an important part of wellness and healthy aging, and it's never too early—or too late—to start.