

# Intellectual Wellbeing



**1. Intellectual wellbeing** refers to openness to new ideas and experiences, thinking critically, expansion of knowledge and skills, and engaging in creative activities

**2. Did you know** that walking briskly 30-60 minutes per day 3-5 times per week can enhance cognitive function in the following ways:

- Augment learning
- Sharpen the memory
- Increase flexible thinking
- Promote self-control
- Improve visual learning



**4. Benefits of intellectual wellbeing:**

- Enhanced memory, concentration and recall
- Improved critical thinking, problem solving, and coping skills
- Greater recognition of our own purpose and potential
- Feel good about ourselves
- Positive attitude to life
- More alert mind



**3. Intellectual engagement** is significantly linked to level of cognitive performance with higher intellectual engagement protecting from cognitive decline.



**5. Maintain intellectual wellbeing by:**

- Exercising regularly
- Deep breathing exercises
- Drinking plenty of water
- Sleeping 7-8 hours per day
- Engaging in regular intellectually stimulating activities such as puzzles and games
- Being curious
- Writing for pleasure
- Participating in debates and discussions and see both sides of the argument
- Walking in natural settings to increase concentration
- Reading for fun and to enhance knowledge
- Being creative
- Exploring new places and things
- Practicing mindfulness
- Learning a foreign

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