

# COGNITIVE STIMULATION

Cognitive stimulation refers to the set of techniques, strategies and materials to improve performance and effectiveness of brain capabilities and executive functions such as memory, attention, language, reasoning and planning.

Through stimulation we are encouraging our brain to work harder to reach higher levels of mental activity and processing. Application of good cognitive stimulation helps activate our brain at each age and stage of life and can help build up cognitive resilience against disease. Cognitive stimulation promotes neuroplasticity which is important for cognitive preservation and expansion of our brain's abilities.

## Examples of Cognitive Stimulation:

- Playing cards/board game
- A meaningful conversation with a friend
- Playing a musical instrument
- Attending a theatrical performance
- Gardening
- Mental exercises (puzzles, Sudoku)
- Engaging with nature
- Spirituality/Meditation/Prayer
- Dancing
- LifeLong Learning
- Social Activities
- Volunteering
- Baking/following a recipe
- Learn a new language
- Teach a skill
- Move, move, move!



Neuroplasticity - is the process underlying all learning, training and rehabilitation. It is the capability of the nervous system to change its structure and functionality throughout life as a reaction to the diversity of surroundings. In other words, brain plasticity enables the brain, and more concretely its neurons, to undergo regeneration, establishing new connections and neurological pathways.

## *What type of cognitive stimulation are best?*

We are all different which means each of our brains is different. What works best for a friend, spouse or neighbor might not be the best technique, strategies or activity for you. We all have different interests and involvements. Find something that is fun or natural for you. Also variety is the spice that your brain needs to “keep fit” over a lifetime. Changing up your patterns and involvements will put new demands on our brain which will promote neuroplasticity.

Visit [www.braincentergb.org](http://www.braincentergb.org)  
for more information about cognitive stimulation and the brain.  
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