

Brain Health Tips

腦健康小貼士

Moving your body

活動身體

Regular movement supports blood flow to the brain and is linked to better memory and thinking over time.

定期活動身體有助腦部血液循環，長遠對記憶同思考都有幫助

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Brain-healthy tips | 支持腦健康小貼士

- Aim for regular movement rather than perfection — even short walks count.

重點係恆常活動，唔需要追求完美；短時間散步都算。

- Combine aerobic exercise with strengthening and balance activities.

有氧活動之餘，加埋肌力同平衡訓練。

- Choose activities you enjoy to make them sustainable.

揀自己鍾意嘅活動，先會持續做到。

Sleep

睡眠

Sleep problems are very common, especially with stress or caring responsibilities. Sleep supports memory and emotional

wellbeing.

睡眠問題好常見，特別係有壓力或照顧家人時。睡眠對記憶同情緒都好重要。

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- Keep sleep and wake times regular, even on weekends.
盡量固定瞓覺同起身時間，包括週末。
- Reduce screen use and bright light before bed.
瞓覺前減少用電話、電視，同避免強光。
- Speak to a healthcare professional if sleep problems persist.
如果長期瞓得唔好，可以同醫護人員傾下。

Smoking & alcohol

吸煙與飲酒

Drinking within healthy limits usually means small amounts, not every day, and giving your body a break.

健康飲酒通常係少量、唔係每日飲，畀身體有休息時間。

Smoking and excess alcohol can affect blood vessels, memory, and attention.

吸煙同過量飲酒會影響血管、記憶同專注力。

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- Cutting down still helps — benefits begin quickly.

減少一啲都有幫助，效果可以好快見到。

- Set realistic, step-by-step goals.

訂立實際、逐步嘅目標。

- Ask about support services — many people succeed with help.

可以查詢支援服務，好多人喺幫助下成功改變。

Food & eating

飲食習慣

Diets that support heart health also support brain health. Healthy eating does not mean Western or expensive food.

對心臟好嘅飲食，對腦部都好。健康飲食唔一定係西餐或昂貴食物。

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- Increase plant-based foods gradually.

慢慢增加蔬菜同植物性食物。

- Choose healthy fats (olive oil, nuts, fish) where possible.

盡量揀健康脂肪，例如橄欖油、果仁、魚。

- Focus on patterns over time, not single meals.

重視長期習慣，而唔係單一一餐。

Keeping the mind active

保持頭腦活動

Mental activity helps keep the brain flexible and resilient.

動腦活動有助保持思維靈活。

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- Try new or slightly challenging activities.
嘗試新嘢或少少有挑戰嘅活動。
- Learning, problem-solving, and creativity all count.
學習、解難、創作都算。
- Social activities can also stimulate the mind.
社交活動同樣可以刺激思維。

Social connection

社交聯繫

Social connection supports emotional wellbeing and brain health.

社交聯繫有助情緒健康，同時支持腦部健康。

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- Small, regular contact matters more than large networks.
少量但恆常嘅聯絡比好多人重要。
- In-person, phone, or online contact all count.
面對面、電話、網上聯絡都算。

- Community groups and volunteering can help rebuild connections.

社區活動或義工服務可以幫助建立聯繫。

Long-term health

長期健康

Looking after hearing, mood, blood pressure, and diabetes is also brain care.

照顧聽力、情緒、血壓同糖尿病，亦即係照顧腦健康。

Health checks | 健康檢查

- Aim to get your eyes tested every 2 years over the age of 60.

60 歲或以上，建議你每兩年做一次眼睛檢查。

- You are entitled to a free eye test if you are over 60.

如果你 60 歲或以上，你有資格享用免費眼睛檢查。

- If you have noticed problems with your hearing, speak to a health care professional.

如果你察覺自己聽力有問題，請同醫護專業人員傾下。

NHS 健康檢查 <https://www.nhs.uk/tests-and-treatments/nhs-health-check/>



免費 NHS 眼睛檢查及眼鏡配鏡資助 <https://www.nhs.uk/nhs-services/opticians/free-nhs-eye-tests-and-optical-vouchers/>



NHS 聽力檢查 <https://www.nhs.uk/tests-and-treatments/hearing-tests/>

