

Brain Health Tips

大脑健康小贴士

Moving your body

活动身体

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

规律活动身体有助大脑血液循环，对记忆和思考有长期好处。

Brain-healthy tips | 支持大脑健康的小建议

- Aim for regular movement — even short walks count.
重在经常活动，短时间散步也算。
- Combine aerobic exercise with strength and balance activities.
有氧运动结合力量和平衡训练。
- Choose activities you enjoy to make them sustainable.
选择自己喜欢的活动，更容易坚持。

Sleep

睡眠

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

睡眠问题很常见，特别是在有压力或照顾家人时。睡眠对记忆和情绪很重要。

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- Keep sleep and wake times regular, even on weekends.
尽量保持规律的作息時間。
- Reduce screen use and bright light before bedtime.
睡前减少使用电子屏幕和强光。
- Speak to a healthcare professional if sleep problems continue.
如果睡眠问题持续，可以咨询医护人员。

Smoking & alcohol

吸烟与饮酒

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

健康饮酒通常意味着少量、不每天饮酒，让身体休息。

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

吸烟和过量饮酒会影响血管、记忆和注意力。

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- Cutting down still helps — benefits begin quickly.
减少一些就有帮助，改善可以很快出现。
- Set realistic, step-by-step goals.
设定现实、逐步的目标。
- Ask about support services — many people succeed with help.
了解可用的支持服务，很多人在帮助下取得成功。

Food & eating

饮食习惯

Healthy eating supports both heart and brain health. It does not need to be Western or expensive.

健康饮食对心脏和大脑都有好处，不一定是西餐或昂贵食物。

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- Gradually increase plant-based foods.
逐步增加蔬菜和植物性食物。
- Choose healthy fats such as olive oil, nuts, and fish.
选择健康脂肪，如橄榄油、坚果和鱼。
- Focus on long-term habits, not single meals.
关注长期饮食习惯，而不是一顿饭。

Keeping the mind active

保持大脑活跃

Mental activity helps keep thinking flexible and resilient.

动脑活动有助保持思维灵活。

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- Try new or slightly challenging activities.
尝试新的或略有挑战的活动。
- Learning, problem-solving, and creativity all count.
学习、解决问题和创造力都很重要。
- Social activities can also stimulate the mind.
社交活动同样能刺激大脑。

Social connection

社交联系

Social connection supports emotional wellbeing and brain health.

社交联系有助情绪健康，也有益大脑健康。

Brain-healthy tips | 支持大脑健康的小建议

- Small, regular contact is more important than large networks.
少量但经常的联系更重要。

- In-person, phone, or online contact all count.

面对面、电话或线上联系都算。

- Community groups and volunteering can help rebuild connections.

社区活动和志愿服务有助建立联系。

Long-term health

长期健康

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

照顾听力、情绪、血压和糖尿病，也是照顾大脑健康。

Health checks

健康检查

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

60 岁及以上，建议你每两年进行一次眼睛检查。

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

如果你年满 60 岁，你有资格享受免费眼科检查。

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

如果你发现自己的听力出现问题，请咨询医疗专业人员。

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



免费 NHS 眼科检查及眼镜配镜资助 <https://www.nhs.uk/nhs-services/opticians/free-nhs-eye-tests-and-optical-vouchers/>



NHS 听力检查 <https://www.nhs.uk/tests-and-treatments/hearing-tests/>

