

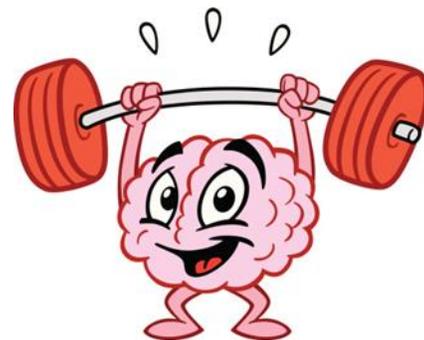
Alcohol and the Brain- A Scary Combination

College is a great time to learn about oneself and begin to make important choices and decisions about the future. It's also a time to expand one's knowledge, which is why understanding Brain Health is important.

Brain Health is related to Lifestyle. If we want to have healthy brains it's important to understand how to take care of ourselves.

Some of the key factors associated with Brain Health include; Nutrition, Sleep, Exercise, Mental Fitness, Stress Reduction, Social Connection and Physical Health.

Nutrition is fuel and vital to a healthy brain. "Your brain is always on" It takes care of your thoughts and movements, your breathing and heartbeat, your senses — it works hard 24/7, even while you're asleep. This means your brain requires a constant supply of fuel. That "fuel" comes from the foods you eat — and what's in that fuel makes all the difference. "Put simply, what you eat directly affects the structure and function of your brain and, ultimately, your mood" ([Nutritional psychiatry: Your brain on food](#))



Sleep is important to the brain. This is a time when the brain rests and resets itself. When we are tired, we worry more, experience more stress, are subject to emotional dysregulation, have less tolerance, encounter disorganization and have difficulty problem solving.

Physical Health and Exercise keeps everything flowing throughout the body and the brain through "both direct and indirect means. The benefits of exercise come directly from its ability to reduce insulin resistance, reduce inflammation, and stimulate the release of growth factors—chemicals in the brain that affect the health of brain cells, the growth of new blood vessels in the brain, and even the abundance and survival of new brain cells. Indirectly, exercise improves mood and sleep, and reduces stress and anxiety. Problems in these areas frequently cause or contribute to cognitive impairment" ([Regular exercise changes the brain to improve memory, thinking skills](#))

Read: [The Mental Health Benefits of Exercise](#)

Stress can influence the physiology of the brain and affect memory, depression and cognitive functioning. Finding ways to relieve stress can improve brain health. There are many ways to reduce stress. Some stress reduction techniques include meditating, breathing exercises, talking to a friend, walking, exercising and nutrition, sleep, dancing, or simply listening to music. Other ideas involve aromatherapy; lavender, yoga, Tai chi or simply taking a time out reading a good book. How we manage our stress matters.

Mental Fitness "Build Your Brain Reserve. We all have something called "brain reserve," which helps our brain adapt and respond to changes and resist damage. Your brain reserve begins to develop in childhood and gets stronger as you move through adulthood. People who continue to learn, embrace

