

Occupational Therapy Group: Cognitive Wellness

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Introduction



Who are we?

Quinn, Charly, Jaiden, Sydney & Kaila. We are occupational therapy students at the University of New Hampshire.

What are we doing?

Today we are here to talk to you about cognitive wellness, explain its importance, and even do a fun activity that helps to benefit cognitive wellness!

What is cognitive wellness?

Cognitive wellness is essentially having a healthy mind.

Cognition is involved in learning new skills, your mindset (how you see yourself), memory, communication, comprehension, reading, understanding thoughts, your personal thought process, etc.

It is important to keep your brain healthy and happy!

To do so you can try one of these activities:

- Learn a new skill/hobby
- Read a book
- Listen to music
- Volunteer in something meaningful
- Play a game (memory or card games)
- Complete a puzzle
- Try a brain game

Speaking of brain games...



Ice Breaker

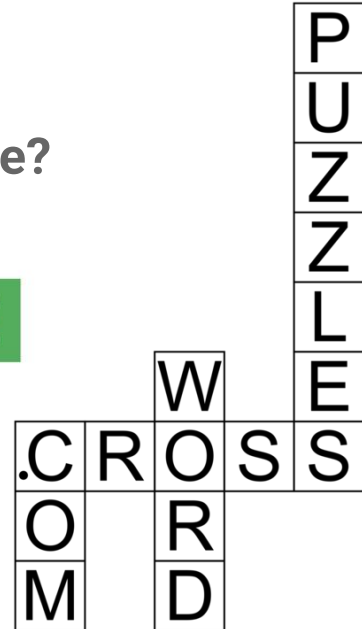
What are your favorite types of brain teasers/puzzles?

- Sudoku
- Word Searches
- Hidden Pictures
- Crossword puzzles

Has anyone tried Wordle?

W O R D L E

A DAILY WORD GAME



Activity

Let's play [Wordle!](#)

HOW TO PLAY



Guess the **WORDLE** in 6 tries.

After each guess, the color of the tiles will change to show how close your guess was to the word.

W E A R Y

The letter **W** is in the word and in the correct spot.

P I **L** O T

The letter **L** is in the word but in the wrong spot.

V A G **U** E

The letter **U** is not in the word in any spot.

A new WORDLE will be available each day!

How did you like this activity?

Importance of keeping your mind active!

Research suggests that keeping your mind active and learning new activities can promote better cognitive function. More research is needed in this area, but engaging in these activities can still be fun!

Once again, other activities to keep your mind active can include:

- Engaging in meaningful activities
- Volunteering
- Learning a new activity
- Puzzles
- Brain teasers
- Word games
- Card games
- And more!

Thank you!

Resources:

U.S. Department of Health and Human Services. (n.d.). *Cognitive health and older adults*. National Institute on Aging. Retrieved April 17, 2022, from <https://www.nia.nih.gov/health/cognitive-health-and-older-adults#mind>

Pictures:

https://en.wikipedia.org/wiki/University_of_New_Hampshire

<https://www.cnet.com/culture/internet/wordle-what-you-need-to-know-about-word-game-gone-viral/>