



Cognitive Wellness

UNH Occupational Therapy
Students

Warm-Up Discussion

Do you feel COVID-19 has impacted your cognitive well-being?

What do you know about cognitive well-being?

What do you do for your cognitive well-being?



Cognitive Well-being and COVID-19

- It has been found there might be a link between the social isolation and loss of activity due to the COVID-19 pandemic and cognitive wellness
- Social participation is important in reducing cognitive risk and that has been severely limited in the past two years
- Older adults have been identified as an at risk group for increased social isolation and its effects during the COVID-19 pandemic

What is Cognitive Wellbeing?

- Memory
- Paying attention and concentrating
- Processing information
- Planning and organizing
- Problem solving
- Visual perception and processing
- Understanding and using language



Why is Cognitive wellbeing important?

- Important for almost all tasks!
- Multi-step tasks: cooking, cleaning, planning activities/events
- Remembering and recalling information: keeping track of items, remembering medications, recalling important memories
- It is never too late to learn something new: learn a new language, pick up a new hobby, read something you normally wouldn't, cook new recipes



Our Brain as we Age

Our brains can continue learning our whole life

Learning

We accumulate more and more knowledge as we age

Knowledge

Recalling names or finding words may take longer as we get older

Word Finding

Attention span and the ability to multitask may decrease

Attention



How to work on Cognitive Wellbeing

Engaging your brain in any way you can!

- Puzzles (crossword, jigsaw)
- Games (board, card, brain, trivia)
- Reading
- Listening to music

What is your favorite way to engage your brain?



Other Ways to Work on Cognitive Wellbeing

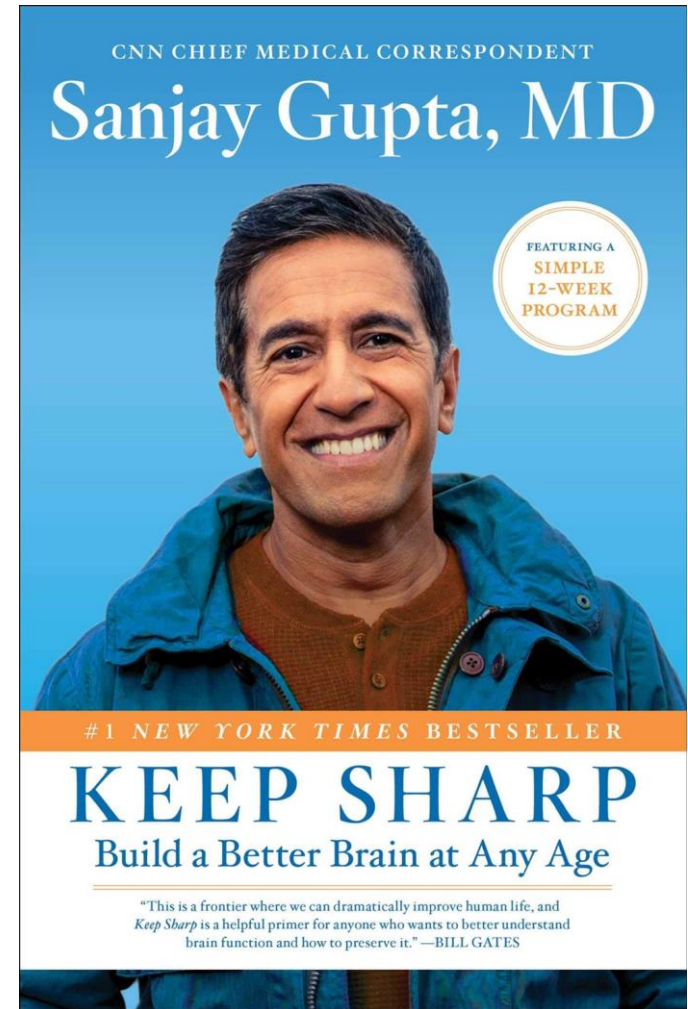
Brain health goes beyond thinking!

- Exercise or stay active
- Eat healthy
- Sleep
- Hobbies and other fun activities
- Socialize with friends or family



Additional Reading: Keep Sharp

- Sanjay Gupta is an American neurosurgeon, medical reporter and writer.
- He is the associate chief of the neurosurgery service at Grady Memorial Hospital in Atlanta, associate professor of neurosurgery at the Emory University School of Medicine, and chief medical correspondent for CNN.
- Author of the book *Keep Sharp* which discusses opportunities and habits that can make you more resilient to illness and mental decline during the pandemic.



Activity Time!

Behind the green glass door...

- I can bring **boots** but not **shoes** behind the green glass door
- I can bring **shampoo** but not **conditioner** behind the green glass door
- I can bring **glasses** but not **cups** behind the green glass door

What are you bringing behind the green glass door?



Riddles

What has one eye, but can't see?

A needle





hands hands
hands hands

DECK



Riddles

What can travel all around the world, without leaving its corner?

A stamp



M1Y L1I1F1E

Riddles

**What 5 letter word becomes shorter when you
add 2 letters to it?**

Short

A decorative graphic in the bottom-left corner consisting of several overlapping, thick green curved lines that resemble a stylized floral or scrollwork pattern.

SECRET

SECRET

SECRET

Riddles

What breaks the moment you speak?

Silence



Riddles

How many months have 28 days?

All of them





How many did you get correct?

Application

- Cognition allows us to understand the world around us and safely interact with our environment, which is important to everyone, in all stages of life
- Games targeting cognition are a great way to exercise your brain, while spending quality time with loved ones
- Games targeting cognition help keep your brain stimulated



Additional Activity Ideas to Try with Family and Friends!

- 20 Questions: Pick something within a category (animal, food, object) and the group asks 10-20 questions, in order to guess what it is
- Choose a high resolution photo and start very zoomed in. Zoom out a little every 15 seconds until someone is able to guess what the photo is
- Pull up two photos with a small difference and try to spot the difference
- Scattergories
- Virtual mystery games
- Trivia
- Play along with TV game shows or create your own: Family Feud, Wheel of Fortune, Jeopardy