How to Enhance Your Brain Health

Sharpen your focus, strengthen your memory, and elevate your mood with simple, everyday steps that build lasting cognitive vitality.

November 2025

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2025 November Resources

Complete this month's mini challenge!

November 3rd

Try a brain-friendly breakfast - eggs, berries, or avocado toast. Your neurons need nourishment too!

November 4th

Call someone just to chat. Social connection lights up your brain and boosts emotional regulation.

November 5th

Do one task today with total focus. Turn off notifications and notice how it feels.

November 6th

Try a new route on your walk or drive - novelty strengthens neural pathways.

November 7th

Challenge your mind - solve a puzzle, play a strategy game, or learn a new word.

Clinical Check-In

Take a minute to watch this month's Clinical Check-In with Dr. Russell Vinik.

Watch Now ▶