



Five Conditions for Optimum Brain Healing

1. Rest/Sleep

- strive for 7 hours of rest in a horizontal position
- limit screen time two hours before bed
- plan and pace yourself

2. Nutrition

- anti-inflammatory diet
 - lots of fruits and vegetables
 - avoid sugar, dairy, red meats, processed foods, alcohol, and caffeine
 - drink plenty of water

3. Stress Management

- do what makes you calm
- go for a walk
- spend time with pets
- crafts/art
- listen/play music

4. Exercise

5. Cognitive Challenges

- Read
- Puzzles and games
- Sudoku
- Cross word puzzles
- Word searches
- Memorize poetry
- Therapy

Vision Therapy Associates of York

2649 Carnegie Road

York, PA 17402

Phone – (717) 741-5531