



Learn something new every day

Lifelong learning is a form of self-initiated education that is focused on personal development.

The benefits of life long learning include improved health and well-being, longer life span, greater likelihood of community and civic engagement, employability, higher earnings, increased creativity and greater self-fulfillment.



Click [here](#) for a video on Intellectual Wellness



Presented by:

The Partnership
for a Healthier Carroll County

8 Dimensions of Wellness

INTELLECTUAL



WEEK 3 - DAY 1

WORKSITE WELLNESS



Intellectual Wellness is...

Maintaining an optimal cognition to process learning, solve problems, and make decisions to manage your daily life. It is also the ability to be open to new ideas, critical thinking, and learning new skills to create potential for sharing with others and use it for your betterment and that of your community.



For the next 5 days learn 1 new thing every day.

Anyone who stops learning is old, whether at twenty or eighty.

Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL



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INTELLECTUAL



WEEK 3 - DAY 2

READ FOR FUN

With the busy lives most of us live, it is often hard to find time to read for pleasure.

Reading, especially something you enjoy, can improve your intellect by stretching your mind to think about things you don't normally think about. Participating in a book club, or even sharing a book with a friend gives you the opportunity to expand your mind to grasp new information when you talk about what you have read.

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WORKSITE WELLNESS



Reading for pleasure is...

- Independent, self-selected reading for a wide range of personal and social purposes.
- The research finds that reading for pleasure can result in increased empathy, improved relationships with others, reductions in the symptoms of depression and dementia, and improved wellbeing .

No entertainment is so cheap as reading, nor any pleasure so lasting.

— Mary Wortley Montagu



You Tube

Click [Here](#) for a video on Pleasure Reading



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BENEFITS OF LEARNING NEW SKILLS

- Your brain chemistry changes to help you learn better.
- Learning a new skill helps you to learn things faster over time.
- You make connections between the new information and build on existing knowledge making it easier to learn the new skill.
- You become a more interesting and well-rounded person , better able to relate to others.
- Learning new things keeps your interest level high so you don't get bored as easily.
- You adapt better to change.
- People who learn a new skill are less likely to develop dementia.

8 Dimensions of Wellness

INTELLECTUAL



WEEK 3 - DAY 3

WORKSITE WELLNESS



LEARN A NEW SKILL OR IMPROVE AN EXISTING ONE

Maybe one of these:

1. Something related to work.
2. Take up a new sport.
3. Crocheting, knitting or needlecraft
4. Woodworking
5. Dancing
6. Writing
7. Gardening
8. Learn a new language

"For me, I am driven by two main philosophies: know more today about the world than I knew yesterday and lessen the suffering of others. You'd be surprised how far that gets you."

Neil deGrasse Tyson



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WEEK 3 - DAY 4

WORKSITE WELLNESS

I am interested in a lot of things - not just show business and my passion for animals. I try to keep current in what's going on in the world. I do mental exercises. I don't have any trouble memorizing lines because of the crossword puzzles I do every day to keep my mind a little limber. I don't sit and vegetate.
Betty White



Games and Puzzles

Board games, cards and puzzles are popularly known as leisure activities. These activities can also help with your intellectual wellness. It makes no difference if you are playing a board game with friends and family or working a crossword puzzle alone, as long as your mind is thinking, improvements are being made. Your ability to work through these activities can maintain and build your intellectual wellness.

**GAMES AND
PUZZLES
AREN'T JUST
CHILD'S PLAY,
THEY ARE A
WORKOUT
FOR YOUR
BRAIN!**



You Tube

Click [Here](#) for
a video on
Games and
Puzzles



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HEALTH BENEFITS OF MUSIC

- ♪ Reduce stress and improve mood.
- ♪ Lower blood pressure.
- ♪ Boost the immune system.
- ♪ Improve breathing.
- ♪ Reduce perceived pain.
- ♪ Improve sense of rhythm.
- ♪ Promote learning in children.
- ♪ Forge comforting memories.
- ♪ Promote communal bonding.
- ♪ Provide comfort.
- ♪ Motivate and empower.

Sounds can influence brain wave frequencies and promote well-being!

Encyclopedia of Entertainment

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INTELLECTUAL



WEEK 3 - DAY 5

WORKSITE WELLNESS



Music has a powerful impact on our minds. Playing any musical instrument, including your voice, and listening to music can increase intellectual wellness by learning how to create sounds, make patterns and emote through music.

Music can heal wounds that medicine cannot touch.

*Debasish Mridha, MD
Neurologist*



You Tube

Click [Here](#) for a video on Music and Intellectual Wellness



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