

Quick Intellectual Health Exercises

Learn Something New

Explore a new skill, hobby, or language

Challenge Yourself

Play puzzles, strategy games, or brain-training apps

Stay Socially Engaged

Engage in meaningful conversations and collaboration

Build Consistency

Train your brain like a muscle through regular practice

Rest and Reset

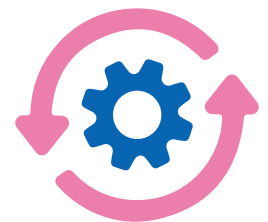
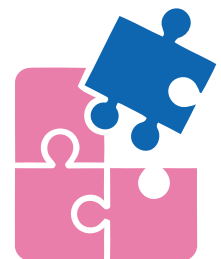
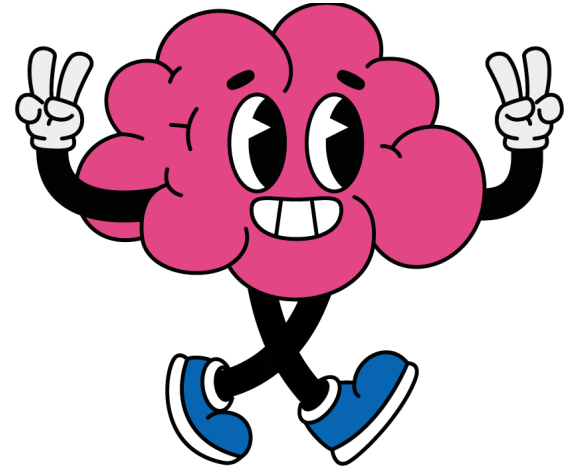
Limit passive screen time and prioritize mental recovery

Support Your Body

Exercise, nutrition, and sleep directly impact cognitive performance

Switch it Up

Use your non-dominant hand for simple tasks to build neural connections



Office of Talent, Culture,
and Engagement

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