

Intellectual Wellness & Increasing Awareness

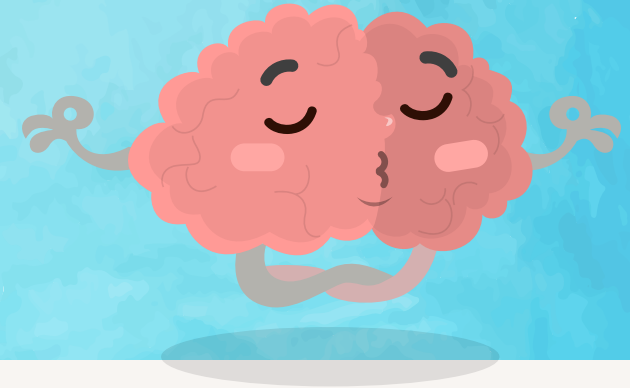
LIVING WELL – JULY 2022

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Intellectual wellness is your biggest asset – it is wellness from the inside out.

The evolving definition of wellness means more than just being physically fit – it also means intellectual wellness – which is about exploring new things, uncovering and enhancing your skills, and challenging your mind through continuous learning, all with the goal to improve yourself. Just like working out our bodies and eating healthy food, we need to set the goal to take care of our whole self.

There are many vital outcomes to intellectual wellness – it deepens your critical thinking abilities, your time management skills, expands your knowledge and leads to clearer communication.



Follow these tips to help achieve intellectual wellness:



Reading is something you can do anywhere, for a few minutes or a few hours, to stimulate your brain and help you learn something new – and whatever you choose to read, it is far more expansive for your brain than scrolling through social media feeds or watching something on television or a device.



Trying something new will increase your brain's neuroplasticity, which is the brain's capacity to evolve and change as you experience life, letting it function at a higher level and become stronger – giving your brain new material by trying a new hobby or learning a new skill or foreign language helps it adapt and grow.



Allow yourself time to process your thoughts and emotions to achieve intellectual wellness – when you are more self-aware and learn to know yourself better you promote inner growth which boosts self-confidence and perspective – try deep breathing, meditation, mindfulness, and journaling as ways to reach mental clarity.



Play brain-boosting games – crossword puzzles, jigsaw puzzles, Sudoku, card and board games all help your brain function well – and when you play with other people you are also adding a social component to the game while giving your brain a boost.



Being creative gives your brain a chance to play and explore new possibilities – writing, drawing, dancing, cooking, mixology, upcycling furniture, sewing, knitting, photography, pottery, gardening and playing a musical instrument are all wonderful ways to be creative.



Nurture healthy relationships either in person or virtually – with friends, family, and colleagues, or consider joining a recreational group of interest – and make a focused effort to form deeper connections by listening attentively and learning from others.



Listen to all points of view in a discussion, and challenge yourself to understand all sides without judgement, while developing your own views and opinions.



As our brain resides in our body, when you take care of yourself by eating nourishing foods, staying hydrated, getting enough sleep and exercise, you are taking care of your entire body – which includes your mind.



Always be curious – about new activities, ideas, and people – it will help you feel younger and live more fully.

Achieving intellectual wellness is not about getting to a certain destination or meeting a deadline, it is the pathway to a balanced life. When you have a *curious attitude* and are *open to learning*, new things, you are already on the right path to achieving intellectual wellness.

Your Benefits. Your Way.®

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