

TIPS ON IMPROVING INTELLECTUAL WELLNESS

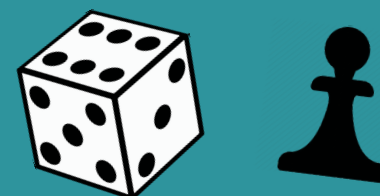
1 Instead of sitting down and watching television at the end of the day, opt for a good book or podcast instead. Toledo's system of public libraries is one of the best in the state, so go out and take advantage of it! Podcasts are also excellent ways to learn about new topics you may be interested in.



2 Learn a new skill. Is there a skill that immediately came to mind when you read this? Now is the time to go out and learn it. Whether it's cooking, gardening, crafting or building, learning a new skill is a fun and interactive way to improve your intellectual intelligence.



3 Play a board game. Strategy board games are all the rage currently, making board games both fun and intellectually challenging. Some of our favorites include Clue, Risk, Settlers of Catan and Pandemic. Try your hand at these to improve your critical thinking skills.



4 Do a daily word search, crossword puzzle, or sudoku to enhance your intellectual wellness. These are easy activities which keep the mind engaged and entertained simultaneously. Check out the links under the Intellectual Wellness tab for some free activities.



5 Improve your time management skills. Poor time management can lead to increased stress, which hinders every aspect of the Wellness Dimensions. Staying organized and on track allows your mind to work more efficiently and effectively.

