



## IMPROVING OUR INTELLECTUAL WELLNESS

The Intellectual Wellness Dimension involves many things that keep our brains active and our intellect expanding. In a broad sense, this dimension can involve looking at different perspectives of an issue and taking them into consideration. Through a number of activities—from learning about current events to organizing game nights in your home or community center—you can broaden your perspective and understand diverse points of view.

| AREA               | THINK ABOUT...                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | RESOURCES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Personal Interests | <ul style="list-style-type: none"> <li>• Have you considered teaching a class or leading a workshop based on skills, knowledge, or experience you have?</li> <li>• Do you enjoy reading? Might you be interested in books, magazines, blogs, Facebook, etc.?</li> <li>• What would you like to do or learn? Have you considered creative arts such as drawing, pottery, or photography? How about martial arts or learning about nature or about improving your computer skills?</li> <li>• Have you considered inviting a friend, family member, or coworker to attend a lecture, musical performance, or play?</li> </ul> | <ul style="list-style-type: none"> <li>• Find a community group or organization where you could teach a class or a workshop, or lead a discussion.</li> <li>• Consider becoming a member at the local public library to gain access to books, book readings, and other events.</li> <li>• Explore public events in your community by checking out the events section in the newspaper.</li> <li>• Flip through travel books or go online to find places you might enjoy reading about or visiting.</li> <li>• Sign up for a computer class.</li> </ul> |
| Education          | <ul style="list-style-type: none"> <li>• If you are interested in continuing education, are there available classes near you that might lead you to getting a volunteer or paid job or to performing better at a job?</li> <li>• Are you interested in improving your language skills or learning a new language, whether one-on-one, through a group class, or via CDs or online resources?</li> </ul>                                                                                                                                                                                                                     | <ul style="list-style-type: none"> <li>• Check out local college websites for information on classes they offer to the public.</li> <li>• See what kind of skills training—such as writing, sign language, or blogging— might be available at the public library, local congregations, local colleges, or other community organizations.</li> </ul>                                                                                                                                                                                                    |
| Brain Exercise     | <ul style="list-style-type: none"> <li>• Have you explored thrift shops, libraries, or bookstores for books or DVDs that interest you?</li> <li>• Are you keeping your mind sharp by playing brain games, mind teasers, or fun memory-enhancing games?</li> <li>• Have you read up on current affairs locally, nationally, and internationally lately?</li> </ul>                                                                                                                                                                                                                                                           | <ul style="list-style-type: none"> <li>• Subscribe to your local newspaper or pick up a free edition. Many offer sections on subjects that are local, national, and international.</li> <li>• Play crossword puzzles and other games like Sudoku.</li> <li>• Become familiar with websites like Games for the Brain (<a href="http://www.gamesforthebrain.com/">http://www.gamesforthebrain.com/</a>).</li> </ul>                                                                                                                                      |
| Conversation       | <ul style="list-style-type: none"> <li>• Do you enjoy taking part in discussions, intellectual conversations, debates, or other ways of gaining an enhanced understanding of issues?</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                             | <ul style="list-style-type: none"> <li>• Befriend people who can stimulate your mind, and get into a discussion with them about topics that interest you.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                   |