



WILLIAMSBURG LANDING®

## Continuous Learning: Tips for Staying Mentally Sharp

The article “**10 Ways To Stay Mentally Young**” asserts that as we learn new things, our brains create new synapses, or connections, between neurons. Building more synapses, plus a denser web of connections, is associated with maintaining cognitive health as we age.

Experts tell us that the following 10 activities can help your brain to stay young, even as your chronological age increases:

- **Learn a new language** – This is at the top of many lists for activities that give your brain a real workout and force it to create new pathways to learn.
- **Learn an instrument** – The combination of learning new physical skills on an instrument and also learning to make music is great mental exercise.
- **Get lost** – Go to an unfamiliar area and force yourself to navigate it. Realizing you have the skills to deal with new situations builds confidence and gives your brain a workout.
- **Volunteer** – Getting involved in a new endeavor will introduce you to new people and activities. Broadening your circle of friends and acquaintances is healthy on multiple grounds.
- **Get uncomfortable** – This is another variation of getting lost. If we only engage in comfortable activities we know, part of us stops learning and growing. Accepting the feeling of being a bit uncomfortable – with new surroundings, activities and people – is a good way to help yourself become more open to new experiences and learning opportunities.
- **Be physical** – Assuming your doctor approves, aggressive physical exercise is good for your body and great for cognitive health. Even moderate exercise is helpful.
- **Play new and challenging games** – Your brain loves to play. In fact, play appears to have a stronger role in human development than for any other animal on the planet. Again, it helps fire up those new synapses if the game is new and not too easy.
- **Take classes** – Exposing yourself to new ideas, classmates and even classroom settings hits several of the targets that experts associate with cognitive health.
- **Embrace new technology** – Staying connected in a digital world may seem like an uphill slog you don't want to take, but it can have huge brain-health benefits, as you learn new things and connect with new people and ideas.
- **Keep opening new doorways** – Your brain is endlessly curious about the unknown and appears to be a sponge for new ideas and experiences. You should be, too.



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### Welcome to Williamsburg Landing

Looking for a [vibrant, engaging and fulfilling](#) way of life? If so, you'll find it at **Williamsburg Landing**.

Nestled on 137 wooded acres along the serene banks of College Creek in Williamsburg, VA, **Williamsburg Landing** is the premier, not-for-profit Continuing Care Retirement Community (CCRC), serving Williamsburg and surrounding areas [since 1985](#). With one visit, you'll understand what makes **Williamsburg Landing** so special.

With a past rich in tradition and a future filled with promise, **Williamsburg Landing** is the perfect place to call home – for today and tomorrow.

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