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Tips to keep your memory sharp

Forgot your keys, a recent movie plot, a neighbor's name or the right word to use in a sentence? You're not alone! While a dulled memory can be a result of the normal aging process, forgetfulness can also be triggered by a variety of factors, many of them pandemic-driven, including anxiety, stress, disrupted routines, confinement, boredom, and more. But no matter what your circumstances, the following tips can help restore your memory power.

Find out more

Easy Ways to Brighten Your Meals

Strategies to communicate more

Fruits and vegetables are nutritional powerhouses that are part of a healthy eating plan. While specific recommendations vary based on age, calorie intake and activity levels, most adults should be consuming at least 2 servings of fruits and 2.5 servings of vegetables each day. Eating many different colors of fruits and vegetables can help you get even more nutritional benefits from these foods. The differences in their colors are influenced by the types of nutrients they contain. Common colors of fruits and vegetables include blue, purple, red, orange, yellow, white and green. These tips can help you brighten your meals!

Find out more

smoothly

Communicating with others, whether with friends, family or coworkers, is not always easy, especially if you have different communication styles or views on any given subject. Misunderstandings can easily arise, leaving you feeling like you're not being heard, taken seriously or are being unfairly criticized. To make your interactions go more smoothly, try to keep your emotions in check.

Find out more

Suicide Prevention Month

The COVID-19 pandemic's health risks and social restrictions can leave anyone—especially those who are depressed or overwhelmed by life and feeling hopeless—struggling with suicidal thoughts. There is support to help you overcome your struggles and renew hope. **Know the warning signs. Get Help.**https://www.cdc.gov/suicide/facts/index.html

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