

LIFESTYLE CHANGES TO REDUCE THE RISK OF DEVELOPING DEMENTIA FOR CITIZENS (PART II)

by the Manitoba Métis Federation Health and Wellness Department

In Part I of this article, we explored several lifestyle changes that can help reduce the risk of developing dementia and keep our minds strong as we age. These changes, such as incorporating traditional foods into our meals, staying active, getting plenty of sleep, and staying connected with family and friends, support our mental and physical wellbeing. In this second part, **we will explore more ways to nurture our brain through cultural practices and simple everyday habits.**



Learn Something New

Each time you learn something new, your brain becomes stronger and sharper. Exploring new games, songs, or even words in Michif are a few examples you can engage in. Just as tradition encourages learning, enriching your mind through new experiences is a powerful tool to keep your mind active.



Practice Mindfulness and Relaxation

In today's fast-paced world, it's easy to feel rushed and overwhelmed. You can practice mindfulness by **taking deep breaths, going for a quiet walk, or simply sitting outside and appreciating nature.** These moments of stillness help reduce stress and keep your mind in good shape. Practicing mindfulness helps you relax and supports your overall wellbeing, allowing you to approach each day with a clearer mindset.



Take Care of Your Feelings

Emotional health is just as important as physical health. When you feel happy, safe, and loved, your mental health is more stable and resilient. However, if you're feeling upset, reach out to a parent, an Elder, or a close friend. They can offer comfort, guidance, and remind you that you're never alone. Taking care of your feelings, just as you care for your body, helps to keep your brain healthy and strong.

Taking care of your brain and overall health is something we can do every day. **Making choices like staying active, enjoying traditional foods, connecting with family and community, and caring for your mental well-being make a big difference over time.** With the support and guidance from the Manitoba Métis Federation (MMF), we can work together to keep our minds sharp creating a healthier future rooted in culture and connection. Following these habits can make a difference, helping us age with strength.

The Health and Wellness Department of the MMF is dedicated to improving the lives of Citizens through research, healthcare services, and innovative solutions. By working collaboratively and engaging with the community, we can better understand and address the unique health needs of Citizens while respecting and preserving our rich cultural traditions.



If you need Mental Health Support, you can contact our **Mental Wellness Support Line at 1-833-390-1041 ext. 1.**

Any questions or concerns, please contact us at **healthresearch@mmf.mb.ca**