

Intellectual Wellness

Feed Your Mind, Feel Your Best

● ISSUE 05 ● BY: **R**UTGERS COOPERATIVE EXTENSION & **in!!!** MEALS ON WHEELS- MERCER

What is Intellectual Wellness?

Intellectual wellness is about keeping your mind active, learning new things, and staying curious. It includes activities that challenge your brain, help you think in new ways, and keep you engaged in life.

This doesn't mean going back to school, it can be as simple as trying a new hobby, reading, or having meaningful conversations.

Ways to Keep Your Mind Active:

There are many simple and enjoyable ways to support your brain:

- Reading books, magazines, or articles
- Doing puzzles, word searches, or games
- Trying a new hobby (painting, cooking, gardening)
- Taking a class or learning something new
- Having conversations and sharing ideas with others

Activities you enjoy are the best ones to stick with!

Resources

- **Video on Intellectual Wellness:**
https://youtu.be/S_phOuofJRU?si=wSJZVy_0XTOgtmCn
- **Brain Health and Aging:**
<https://brainhealth.rutgers.edu/wp-content/uploads/2022/03/ABHA-6-STEPS-BROCHURE-072421-DG.pdf>
- **Webinar:**
<https://extension.rutgers.edu/event/braint-health-blueprint-aging-well>
- **Boost your Intellectual Wellness:**
<https://capemay.njaes.rutgers.edu/2025/08/20/back-to-school-season-boost-your-intellectual-wellness/>



Why It Feels Good

Keeping your mind active can:

- Improve memory and thinking skills
- Boost your mood and confidence
- Help you feel more engaged and purposeful

Small mental challenges can lead to big benefits over time.

Try This This Week

Choose one new or familiar activity to try:

- Read something new
- Try a puzzle or game
- Learn a new skill or hobby

Ask yourself:

- "What is something new I would enjoy trying?"

