

June 2026

EMPLOYEE ASSISTANCE AND WORKLIFE

SOLUTIONS

TRAIN YOUR BRAIN

Techniques
for Better
Mental
Strength

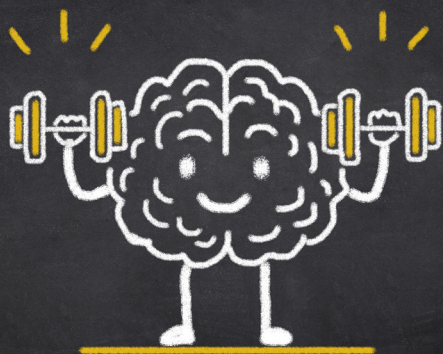




TRAIN YOUR BRAIN

Techniques for Better
Mental Strength

Just as physical exercise strengthens the body, intentional mental training strengthens the mind. Having a mentally fit brain can help you stay focused, resilient, and adaptable in the face of everyday ordeals, work responsibilities, and unexpected changes.



WHY MENTAL FITNESS MATTERS

Mental fitness refers to your brain's ability to think clearly, regulate emotions, adapt to stress, and maintain focus over time. Because it involves skills like attention, memory, problem-solving, and resilience, improving mental fitness can be a proactive way to protect mental health.

EMBRACE BRAIN-BOOSTING BEHAVIORS

Engaging in these habits builds “psychological reserves” that can help you recover from challenges more quickly:

- 1. Stimulate your brain daily**
Engage in activities that require thinking in new ways. Try puzzles, strategy games, learning a language, or picking up a new skill. Novelty stimulates neural connections.
- 2. Move your body**
Physical activity increases blood flow to the brain and supports memory, mood, and cognitive function. Even short walks can boost mental clarity.
- 3. Get quality sleep**
Rest is essential for memory consolidation, emotional regulation, and decision-making. Aim for consistent sleep and wake times when possible.
- 4. Take mental breaks**
Your brain needs recovery time. Brief breaks between tasks improve productivity, creativity, and long-term performance.

KEEP IT SIMPLE AND CEREBRAL

You don't need complicated programs to strengthen your mind. Start small and build consistency. **Here are three ideas for structuring your brain training regimen.** Try each one and tailor as needed to fit your interests and goals.

1. Daily mental workout routine

Here's what a full daily mental workout routine might look like. Pick and choose what works for you.

Morning: Do five to 10 minutes of mental warm-up with a puzzle, word game, or mental math equation.

Midday: Learn something new (e.g., read an article, listen to a podcast, or take in a micro-lesson).

Afternoon reset: Take a five-minute time-out to breathe, stretch, or simply sit still.

Evening: Engage in something creative or reflective, like journaling, drawing, or listening to music.

Night: Hone your recall skills by mentally reviewing your day in detail.

Weekly add-ons

- Host a strategy game night.
- Participate in a discussion group.
- Do something physical that requires coordination.
- Have a novel experience (e.g., a new place, skill, or challenge).

2. Brain fitness for busy professionals

Quick, high-impact mental exercises you can fit into a packed day:

- Perform two-minute memory drills (e.g., recite categories, numbers, or names).
- Take a different commute route now and again.
- Replace passive scrolling with short learning bursts.
- Concentrate on a single task in 20-minute blocks.
- Listen to educational audio during routine to-dos.

3. Targeted training by goal

Memory

- Memorize lists, routes, or facts.
- Link new info to known concepts with analogies, mnemonics, or storytelling.
- Recollect conversations or events without notes.

Creativity

- Come up with unusual uses for everyday objects.
- Try new art forms or writing prompts.
- Mix unrelated ideas to generate innovations.

Focus and attention

- Stay present, focusing your attention on one thing at a time.
- Set up distraction-free work environments.
- Use attention training apps or methods.

Investing in your mental fitness today can help you think more clearly and respond more calmly and confidently tomorrow.

In time, a stronger brain can lead to greater focus, emotional balance, and overall well-being.

Need more ideas or mental workout tips? Your Employee Assistance Program is available 24/7 to weigh in. Call us for additional resources, guidance, and more.

LIVE WEBINARS

Mindset Reset: Methods for Meeting Your Goals

**Wednesday, June 10, 2026
2-3 p.m. E.T.**



REGISTER

Sometimes, the biggest obstacle to reaching our goals isn't the goal itself — it's our frame of mind. Small shifts in thinking can lead to big breakthroughs in motivation, focus, and follow-through. Discover simple yet effective methods to refocus your thoughts, stay on track, and gain motivation to keep going.



Tell us about your
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