

INTELLECTUAL ENGAGEMENT & FLOW

Living Well



- ☐ Prioritise time for mentally engaging activities during your personal time (e.g., a visit to a museum, an art class). Plan ahead of time and pop these activities in your calendar, just like you might do with exercise or social events.
- ☐ Find a hobby or interest that supports you to feel engaged and stimulated outside of work. Perhaps it's an activity you've de-prioritised over time, or one you've always wanted to try.
- ☐ Substitute unhealthy or unproductive habits, like scrolling social media, for wholesome brain-based activities like sudoku, word games, puzzles etc.
- ☐ Find a way to express yourself creatively. This might feel uncomfortable at first, but we hope you'll be pleasantly surprised by your talents and how much fun you have.
- ☐ Investigate a topic that piques your interest (unrelated to work of course!). Look for different ways to learn more. E.g., read a book, listen to a podcast, join a club or community, complete a course etc.
- ☐ Start a new project. Whether it's building a bird feeder, starting a side business, writing a book, or joining a community committee – find an activity that will engage and energise you, and compel you to disconnect from work.
- ☐ Consider the choices and actions you take when you feel 'bored'. Do you fill this space by turning to your phone, flicking on the tv, or heading to the fridge for a snack? Instead consider how you want to feel, and what choices might you make to step closer to that feeling.
- ☐ Challenge a friend or family member to a game of chess, cards or a board game. By doing this you're nurturing your social relationships, preserving your cognitive function, and having fun in the process.

“Find a hobby or interest that supports you to feel engaged and stimulated outside of work...”

- ☐ Socialise with people or groups who encourage rich dialogue and conversation on a variety of topics that stimulate your mind, encourage healthy debate and expand your knowledge.
- ☐ Learn a new skill. E.g., photography, musical instrument, woodwork, a language, dancing etc. For the greatest benefits in cognitive health, choose a skill that is completely unfamiliar and persist for an extended period of time.
- ☐ Watch a thought-provoking documentary. If you tend to spend your evenings streaming fictional movies or reality tv series, consider exchanging it with a knowledge based, interesting option.
- ☐ Watch out for having all your 'intellectual eggs' in one basket. If you find yourself getting pulled back into work during your personal time because it's the primary source of stimulation and engagement, look for non-work options that could fulfil your needs instead.
- ☐ Find ways to stretch yourself with a non-work skill that you're already good at and enjoy. This may be learning a more difficult piece of music or using a different medium for your art works.
- ☐ If you are already an avid reader or podcast listener, try a different genre to gain exposure to different perspectives.