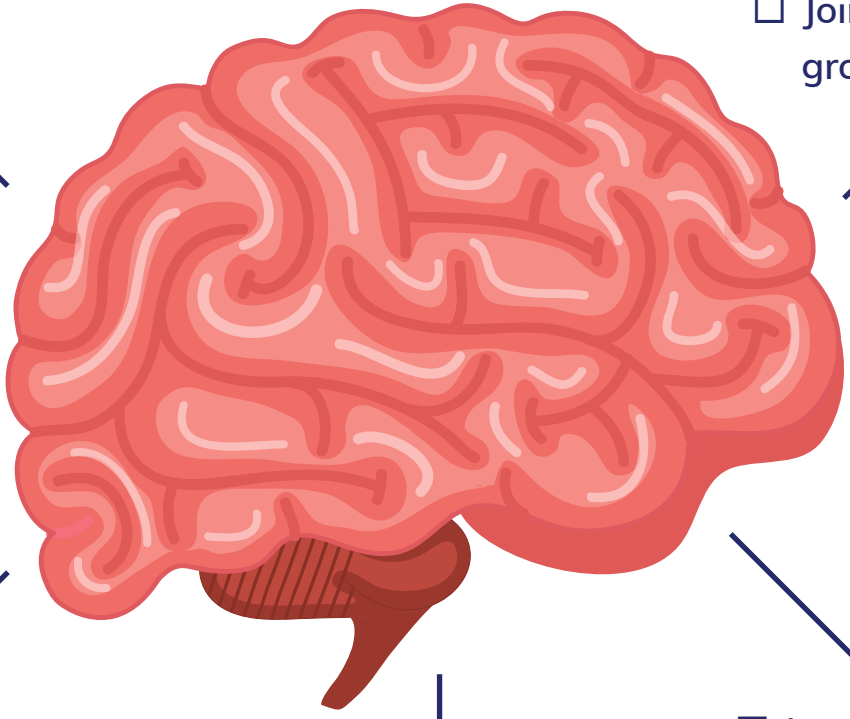


INTELLECTUAL WAY OF WELLNESS ACTIVITY SHEET

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- Read a book
 - Attend a lecture
 - Get your library card
 - Join a class
 - Listen to a speaker
- Take a technology course
 - Finish a puzzle
 - Find a board game buddy or group
- Watch a documentary
 - Make or listen to music
 - Learn a new skill or hobby
 - Join a committee or group
- Join someone for conversation over dinner
 - Eat a brain-healthy meal
 - Learn about practicing digital safety and cybersecurity
- Engage in the arts
 - Practice another language
 - Play brain games
 - Journal your thoughts of the day
- Learn about other cultures
 - Practice mindfulness and reduce stress
 - Solve a problem