Make your own pie!

Some ideas of things that may impact brain function in a positive way. If done consistently, even a little change can go a long way:

* **Cardio/Aerobic Exercise**
* **Doing something unusual or unfamiliar**
* Learning something
* Breath work (helps regulate nervous system and decrease stress)
* Meditating
* Stretching
* Community
* Having fun
* Having healthy diet (without obsession, nobody’s perfect!)
* Sleeping well (many factors contribute to better sleep)