



## **TBH “IT’S A MYSTERY!” WORKSHEET**

### **THE SCIENCE**

Research shows that intellectual engagement can defend the brain against symptoms of memory loss and lower the risk of dementia. Studies have shown that higher levels of intellectual engagement may reduce the risk of dementia by as much as 63 percent. And the more you practice, the more protection you get. In fact, people who have participated in a lifetime of intellectual engagement showed moderate to significant benefits to their brain health.

### **NOW DO IT!**

Pair up and write a 10-word mystery novel. Include a character as your protagonist, build suspense before the reveal and a conclusion – all in just 10 words! Here’s an example, “Bang. What’s that? She listened. It was just the dog.”

### **TBH TAKEAWAY**

Repeated intellectual engagement like this has been shown to promote neuroplasticity, reduce dementia risk and possibly build a cognitive reserve to ward off age-related cognitive issues.

Join our next Total Brain Health class and learn more about the many ways we can build better brain fitness, together!