Minds need to be inspired and exercised just as our bodies do. Tips for optimal intellectual wellness are:

- Continued learning, problem solving and creativity
- Improving verbal skills
- Showing interest in scientific discoveries
- Keeping up with social and political issues
- Reading books, magazines and newspapers
- Taking a course or workshop
- Learning (or perfecting) a foreign language
- Seeking out people who challenge you intellectually
- Learning to appreciate art

Explore the Intellectual Dimension by...

- Visiting a museum
- Attending a seminar
- Visiting a library & checking out a book/video/CD
- Doing crossword puzzles
- Making lists to help you stay focused and organized