

Lessons for the Maturing Adult: Mind and Spirit Health

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Agenda

1. Health
2. Mind Health
3. What Matters: ENGAGEMENT
4. When to Worry





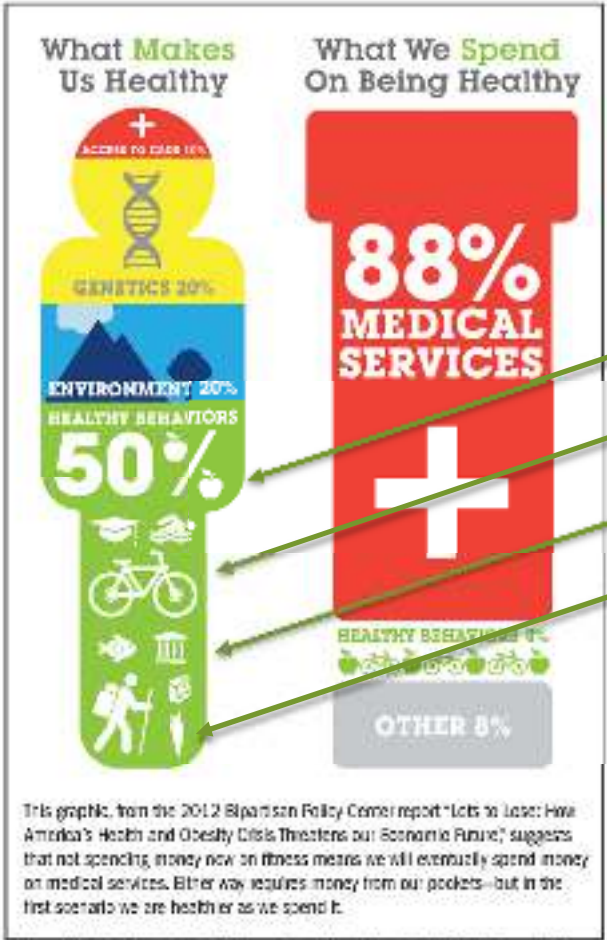
What Determines Health?



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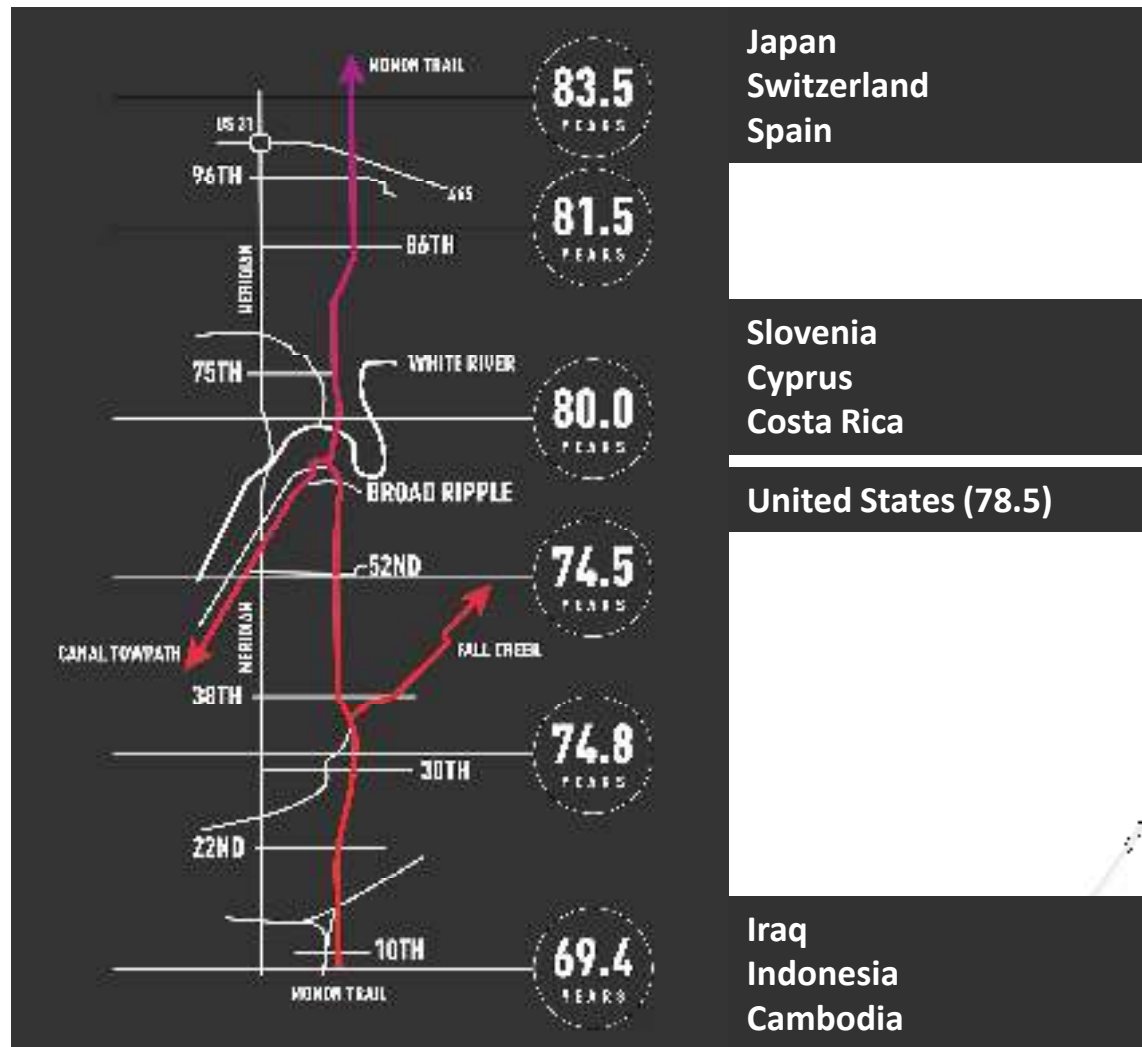


Behaviors Determine Health



- Diet
- Activity
- Mental
- Social

Behaviors
Drive
Life






Mind Health



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What Matters: Engagement

- Psychological Wellbeing
 - Meaning and purpose-motivation
- Leisure Activities and the Healthy Brain
 - Physical Exercise
 - Engagement-social/cognitive
- Environment
- Perspective
- Humor





Diet Matters



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Healthy eating can be seen spotted in your DNA



Binge drinking at any age is not a healthy choice



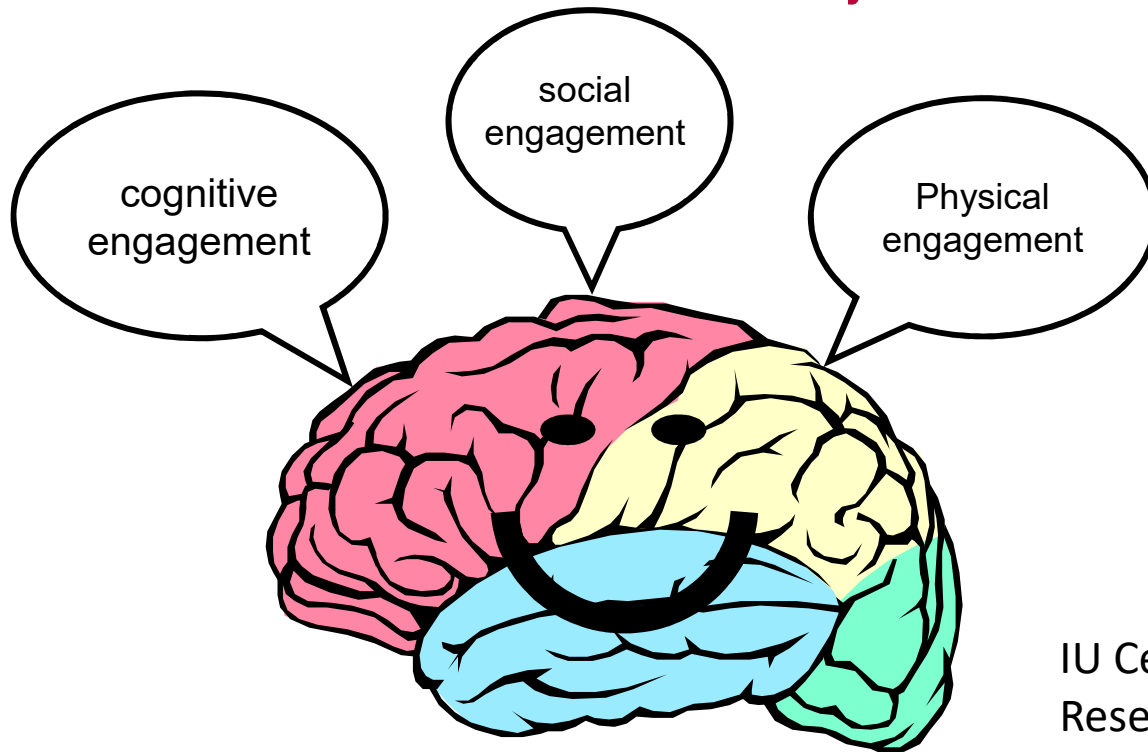


What Matters



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Leisure Activities and the Healthy Brain



IU Center for Aging
Research



Value of “Open Skills” Exercise



- Physical Exercise
- Cognitive engagement-
reaction time/speed of
processing
- Social engagement-
environment - clubs and
community centers



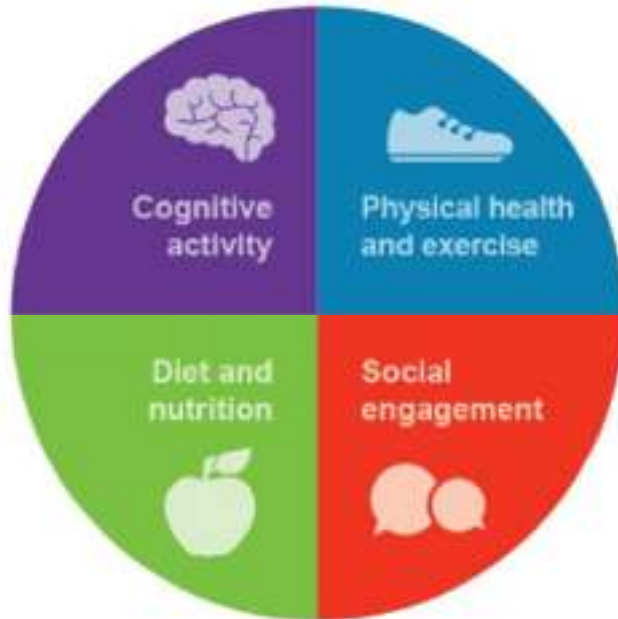
Worry when you lose interest in engagement

- Cognitive
- Physical
- Social

Talk to your health professional.



In Closing: Advice from an Elderly Psychiatrist



- Keep engaged in activities as long as possible with your colleagues, family and friends
- Help to construct and maintain a welcoming collegial, creative environment
- Maintain a sense of humor
- Ask for help if there are changes in engagement





Thank You & Questions

