

## **“Use It or Lose It”**

More than ever before people are embracing the notion of “use it or lose it” in relation to physical and cognitive health. Research is now supporting the important role that cognitive stimulation and physical exercise plays in the health of our brain and our quality of life.

We all intuitively know that mental and physical stimulation promotes overall wellness. Cognitive Stimulation Therapy (CST) provides this type of stimulation to individuals whose cognitive functions are impaired due to mild cognitive impairment (MCI) or some form of early to mid stage dementia. CST promotes communication, affects a positive mood for the individual with an increase in self-confidence and motivation to engage.

Recent research recognizes that the brain has the ability to regenerate thereby creating new connections. The new connections may compensate for those lost and assist with maintaining abilities. Cognitive stimulation encourages the neuroplasticity of the brain to find new pathways.

Source: Memory Matters [blog](#)

[Ann Dobbins](#), WBN Member

Executive Directory, Memory Matters