Session 6: Intellectual Wellness

Thursday, February 19, 2009

- What is Intellectual Wellness

- How can we improve it and/or maintain it

- What are the benefits

- Suggested activities

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Are you engaged in the process of intellectual wellness?

- Am I open to new ideas?
- Do I seek personal growth by learning new skills?
- Do I search for lifelong learning opportunities and stimulating mental activities?
- Do I look for ways to use creativity?
What is meant by Intellectual Wellness:

Intellectual Wellness is the ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment. The desire to learn new concepts, improve skills and seek challenges in pursuit of lifelong learning contributes to our Intellectual Wellness.

- Involves learning new skills and activities
- Valuing experiences
- It is the ability to adapt to change; stay engaged; think independently
- It is rooted in one’s creativity
- It is how we respond to challenges; how we stimulate our minds; how we problem solve
- It is a vital part of overall health and well being
- It arises when we are curious about the world around us and when we engage in critical thinking
What do you see?

If you see an old lady, can you also see a young lady?
If you see a young lady, can you also see an old lady?

http://mathworld.wolfram.com/YoungGirl-OldWomanIllusion.html
What are the Benefits:

- Stimulation of your mind through knowledge and understanding of the world brings a richness to your life and those around you.
- Curiosity leads to surprising discoveries.
- Increases in your brain function speaks to the adage: Use it or Lose it.
- It promotes clear thinking.
- The brain is continuously challenged with mental and physical activity—the Brain is the foundation of the Mind.
- Improved concentration and memory recall is heightened.
- Improved critical thinking skills.
How can we Improve it or Maintain it:

• Become a mentor or a tutor- sharing your love for what you know will help maximize your brain functioning; intelligence arises when the brain reasons, plans and engages in critical thinking

• Eliminate things in your life that interfere with clear thinking- get regular exercise, sleep and maintain a healthy diet; try meditation; reduce stress

• Explore what motivates you; discover new hobbies; take a course in a subject area outside what you previously studied or enhance your current skills and knowledge as they pertain to your professional life
Suggested Activities

• Take an Extension course

• Get a regular dose of intellectual stimulation- subscribe to a newsletter, play word games like Scrabble, do cross word puzzles or play board games like Chess, etc.

• Go to a bookstore and browse through the sections until you find an area of interest and BUY A BOOK; join a library

• Learn a new language; learn to appreciate art more; attend exhibits; check out foreign language films; attend musicals and plays; volunteer at the local Playhouse

• Sign up for e-newsletters that deliver stimulating articles on your topic of interest

Watch channels like National Geographic, History Channel or Discovery
Resources:

• [http://wellness.ucr.edu/](http://wellness.ucr.edu/)

UCR Extension Course Catalog at: [www.extension.ucr.edu](http://www.extension.ucr.edu)

• Free online courses at Free-ed.net

• Receive Word a Day in your mailbox at: [www.Wordsmith.org](http://www.Wordsmith.org)

• Brain Facts: A Primer on the Brain and the Nervous System. Society for Neuroscience
“Never stop learning...”