

Tips for Maintaining Intellectual Wellness (a state in which your mind is engaged in lively interaction with the world around you)

- Take a course or workshop in something outside your profession
- Learn (or perfect) a foreign language
- Seek out intellectually inspiring colleagues
- Subscribe to an interesting journal or newsletter
- Read a book...any book!
- Learn to appreciate art — attend exhibits, plays, musicals, and poetry readings
- Explore different ways to use spare time
- Learn basic nutrition and exercise regularly to maximize brain functioning

© Randy Glasbergen.
www.glasbergen.com



**"Yes, I did the book report myself. I found it on eBay myself,
I bid on it myself, I paid for it myself, I printed it myself..."**

Cartoon used with special permission from glasbergen.com