

## Free cognitive worksheets for adults

Read the steps carefully and try to implement them in order to improve and develop your cognitive skills.

### Step 1: Reduce your stress levels

*Reducing stress or removing stressful situations from your life can really help you to improve your cognitive skills.*

### Step 2: Taking care of your physical health

*A physically fit person has better cognitive skills than any other person. Take care of your body. Go for a walk. Be careful of what you eat.*

### Step 3: Try to stay focused

*Try mindful meditation or mindful walking to stay focused. Staying focused can really improve your cognitive skills.*

### Step 4: Take care of your brain

*Just like your body, your brain also requires some exercise to work in a better way. This will improve your cognitive skills. For example, read a book, learn your favourite song.*