

Name _____

Nurturing Your Nervous System: Tips for a Healthy Brain and Spinal Cord

Short Answer

1. Explain why staying hydrated is important for a healthy nervous system.
2. How can managing stress positively impact your brain and spinal cord?
3. Name two sources of omega-3 fatty acids and explain why they are beneficial for brain health.
4. Describe the role of the spinal cord in carrying messages between the brain and the body.
5. Give an example of a mentally challenging activity that can help keep your brain sharp.

