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Healthy habits, such as diet, exercise, and sleep, are critical for preventing brain disease and cognitive decline with age. Current research demonstrates that maintaining involvement in cognitively stimulating activities buttresses these preventive efforts. A novel mind-body program for promoting brain health has been developed by the Osher Center for Integrative Medicine. This program emphasizes healthy habits and cognitive stimulation to support brain health throughout the lifespan.

Dr. Caroline Gurvich's lecture on "Sex hormones and cognition in mental health and mental illness" at the 2019 Brain Awareness Week Public Lecture held at the A+ (Alfred Research Alliance) lecture theatre, Thursday 14th March, explored the relationship between sex hormones and cognitive function in mental health and mental illness.

Anchoring bias is one of the most common systematic errors we are all victims of. In this video, LUSCID [your user-friendly guide to Science] explores anchoring bias, a cognitive bias that can significantly impact our decision-making processes.