

Dr. Nasreen Khatri



Dr. Khatri authored *Confessions of a Juggler: Why Multitasking Doesn't Work*. Her presentation addressed the question, "how do our rushed lives affect our mental and cognitive health, and how can we preserve brain health and maintain our mental edge?"

Summary

- The brain is fully developed by age 27 and begins to decline 2 weeks later
- Stress leads to anxiety and depression, which can lead to dementia in later life if untreated
- Nobody can multitask - in reality, our brains are switching quickly from one thing to another, causing us to lose focus.
- If you are interrupted while working, it takes from 10-20 minutes to get back into that work effectively

Dr. Khatri's Tips:

- Do one thing at a time in a conscious, meaningful way.
- Use technology as a tool, not an entire experience!
- Stay aware of your stress and anxiety, which are caused by increased cortisol.
- Exercise 3-5 times weekly to stimulate growth in the hippocampus, the area of the brain that shrinks during dementia, and maintain cardiovascular health.
- Prioritize rest and relaxation: wakeful rest; acceptance of yourself, and self-compassion.
- Being in nature is calming and good for your mental health - go for a walk, watch the sun rise, or work in the garden.
- Connect with others in person. Social media disrupts real connection between people, which is needed to form meaningful relationships.
- Attitude is everything. People who have a positive attitude about aging live seven years longer, on average.

Additional Reading Featuring Dr. Khatri:

[Do you know how to keep your brain healthy](#)

[Baycrest Researcher Recognized as One of Ontario's 'Leading Women' for Work on Brain Health and Aging](#)

Testimonials

"Lisa and Susy, I so enjoyed the evening. It gave me much food for thought. I have already transcribed my notes and her tips and sent them to our kids and their partners, and discussed it with my husband when I got home. This morning I tried to do one thing at a time!. So thank you for arranging the event and inviting me." – Ruth

"Thank you so very much for including me in the event last night. It made such an impression on me in so many ways. The tour of Verity was eye opening in terms of enhancing my personal and professional life in a way I hadn't considered before. The event was fantastic. Both of you are so personal and genuine with the guests – it really felt like a warm and open place to be. Dr. Khatri was incredible. She combined good humour with education and some very thought provoking questions and helpful tips." – Loni

"I really enjoyed the evening. The speaker was excellent, and as always, the people I met were just as interesting and delightful. Thank you for creating such a welcoming environment to bring a great group of people together. It makes a difference in many people's lives." – Debra

"Thank you again for including me in your event last night. I really enjoyed it and thought it was put together perfectly. The feedback from the crowd afterwards was overwhelmingly positive. Congratulations on your success!" – Lana

"Thank you for last night. I truly enjoyed it. It is interesting to look at a group of so many younger women who are beginning to grapple with how to ward off an aging brain, as one of my main goals is to find techniques that give me the best chance to live a long, productive, and active life. I appreciate you encouraging me to invite Cathy - she is truly my intellectual inspiration. We talked for a long time after the lecture. My thanks to Susy for her usual amazing job." - Joan