

Examples of Brain Fitness Articles

Re-Energize Your Brain_By: Kevin Eikenberry __We all use tools in our work, and all of these tools need to be re-energized in some way over time. They need to be polished, sharpened, refurbished. They need new spark plugs or a tune up. Some times they even need new batteries. __We take these maintenance tasks seriously because we know that when the batteries are fully charged we get the full potential out of electrical devices and when the machinery has been maintained it lasts longer and works more economically. __Doesn't it make sense then to do some regularly scheduled maintenance on our brain - a tool far more valuable than the rest? __It happens to all of us. We get in ruts, we build routines and we develop habits, and in doing so we often don't use our brain the way we could. It is one of our most valuable and precious resources and it is time to re-energize it. __Here then are eight ways you can re-energize, re-invigorate and do some ongoing maintenance for your brain. __1. Ask Why? Our brains are wired to be curious. As we grow up and "mature" many of us stifle or deny our natural curiosity. Let yourself be curious! Wonder to yourself about why things are happening. Ask someone in the know. The best way to exercise our curiosity is by asking "Why?" Make it a new habit to ask "why?" at least 10 times a day. Your brain will be happier and you will be amazed at how many opportunities and solutions will show up in your life and work. __2. Laugh. Scientists tell us that laughter is good for our health; that it releases endorphins and other positively powerful chemicals into our system. We don't really need scientists to tell us that it feels good to laugh. Laughing helps us reduce stress and break old patterns too. So laughter can be like a "quick-charge" for our brain's batteries. Laugh more, and laugh harder. __3. Remember. Get out an old photo album or high school yearbook. Your brain is a memory machine, so give it a chance to work! Spend time with your memories. Let your mind reflect on them and your mind will repay you in positive emotions and new connections from the memories to help you with your current tasks and challenges. __4. Do a puzzle. Some of us like jigsaw puzzles, some crossword puzzles, some logic puzzles - it really doesn't matter kind you choose to do. Doing puzzles in your free time is a great way to activate your brain and keep it in good working condition. Do the puzzle for fun, but do it knowing you are exercising your brain. __5. Play. Take time to play. Make time to play. Play cards. Play video games. Play board games. Play Ring Around the Rosie. Play tug of war. It doesn't matter what you play. Just play! It is good for your spirit and good for your brain. It gives your brain a chance to think strategically, and keeps it working. __6. Learn something new. This one might seem obvious. Yes, we capitalize on our brain's great potential when we put it to work learning new things. You may have a specific topic for work or leisure that you want to learn