

Brain Health

Know-Brainers

- Avoid multitasking to increase brain efficiency and reduced brain fatigue; execute tasks sequentially.
- Transform your thinking. Synthesize deeper meanings constantly.
- The cardiovascular exercise for 30 minutes, 3 to 4 times a week.
- Perform resistance exercises to energize your brain muscle.
- Quiet your mind. Your brain solves complex problems when at rest.
- Get a good night's sleep --- a regular 7 to 8 hours.
- Generalize novel ideas from reading can apply to broad, new contexts.
- Innovate by identifying new goals and working backwards to achieve vision.
- Teach and mentor new advances in areas of expertise.
- Expand your passion. Your brain is energized when motivational juices are flowing.
- Don't be a rote learner. Listen first and take notes later let information filtered through and be transformed by your own thinking.

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Top Nuggets of Wisdom:

The Power Of None: Your brain builds deeper connections when it is at rest. To have your next “Aha” moment, quiet your mind. You cannot reach Enlightenment by having a frantic, busy and tired mind.

The Power Of One: Your brain is NOT wired to do two things at once. We only think that we are multi-tasking, when in reality the brain processes everything serially. Learn to prioritize your tasks and handle them one at a time.

The Power Of Two: When writing your to-do list, focus on the two things that will have the most impact (requiring the most attention and strategic thinking), or the two most difficult ones. Get them out of the way first. As T. Boone Pickens said, “*When you are hunting elephants, don't get distracted chasing rabbits.*”

The Power Of Infinity: When reading or hearing something profound, stop and ponder the point. Meditate. Make new connections to other of nuggets of wisdom you've read and/or have heard previously. You will be amazed to know that the brain can make infinite connections. The more connections the brain can make the more energized and powerful it becomes.

It's up to you to heal and strengthen your brain.