BRAIN TRAINERS FOR ALL AGES

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There are brain training apps available today in this highly technical world that we live in now. Its popularity has actually turned into billion-dollar business. The question is if the app do works? Studies show that they do but that they do not necessarily improve your memory or cognitive skills.

What then could be a better option in working out those brain cells? Surprisingly, traditional methods work well. One is using mnemonics. Mnemonics are often used by teachers in their lessons to help students remember facts or points they need to learn and recall. The same method can be used even in tasks which you would not usually think of like doing groceries or buying items for a party you are throwing off. These activities, however, would find mnemonics helpful especially when you are in a rush of things and you tend to forget small but relevant items to buy.

Mnemonics are shortcut that help people link information they need or want to remember with another word, image, or a sentence. It is a form of memorization wherein data sticks longer to the brain and makes it easier to recall.

There are different types of mnemonic devices. One is the method of Ioci where you imagine items that needs to be remembered in a familiar route. Acronyms is a tool to remember anything such as colors of the rainbow. Rhymes, chunking, and imagery are other poems of mnemonics that help the brain recall and think better.

Another effective brain trainer is doing puzzles and challenging brain games. There are lots of games available in your cellular phones and computers that are
challenging and enjoyable at the same time. The more exercise you provide to your brain cells, the more you will find it easier to process and recall data.

Finally, relaxation techniques do wonders for your brain. Manage stress and do not allow your brain cells to be over used. It is crucial to have periodic rests during work or study time. Relaxation and meditation can increase brain function. There should always be a balance of work and rest for your brain to make it function at its best.

References:

