HOW TO TAKE GOOD CARE OF THE BRAIN

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Have you ever had one of those days when you feel a bit lethargic and foggy? Well, studies showed that those off days are due to constant and redundant activities. The brain is an impressive powerhouse that can grow and adapt through situations and activities. When an individual does the same things over and over again in a regular routine, the brain kind of goes into a state comparable to an autopilot where it does what needs to be done with minimal awareness of it. Although highly beneficial in some cases, especially in learning new skills, if the process becomes a daily occurrence, the mind gets dull.

There are several ways to help break the routine and stimulate the brain every once in a while.

Try mental stimulating activities like crossword puzzles and sudoku. Thinking and guessing can act as a brain exercise that stimulates new neurological connections that promotes brain plasticity which protects the brain from future damage because of aging.

Physical exercise also helps with stimulating the brain. During exercise, the body undergoes many sensational stimuli which teases the brain in response. The movement and exertion also promote blood flow which brings oxygen filled blood to the brain cells. The more oxygen the cell has, the better it is for function. And with exercise comes all the wonder benefits, from lowering blood pressure levels, to stabilizing blood sugar, improves cholesterol levels, and reduce stress which can lead to anxiety or even worst, depression.
And with physical activities, of course, proper diet is just around the corner. Proper diet is very good for the overall health of an individual. It is advisable to have a balanced diet with moderate amounts of carbohydrates, which is great source of energy, protein, for healthy muscles, and good number of vitamins, minerals, and fiber that comes from vegetables and fruit. As much as possible, it is best to limit the intake of foods high in fats and sodium. These substances can accumulate in the body and facilitate the development of heart diseases which can lead to heart attack and stroke. For students is very tempting to consume unhealthy foods, but the good thing is that there are guidelines regarding the kinds of foods that can be offered within school grounds. Which helps regulates the food they eat making sure that they eat healthy foods as much as possible.

Another factor that can aide brain health is to avoid tobacco in any shape or form. It is already common knowledge that tobacco smoke contains nicotine which is a hazardous chemical that affects the lungs. Nicotine builds up within the body and can cause cancer and even dementia. Dementia is a brain illness associated with memory loss. Drinking alcohol is also a risk factor for dementia.

Lastly, be very mindful of your emotions. High stress levels, anxiety, or fatigue can contribute to poor brain health. It even shows in tests and exams. The brain does not rest, even when we are asleep. But giving it proper rest is also the key for optimum function. Let the brain relax, do not over think, the hormones produced by the body when under stress can impact cognitive decline as we grow older.

References:

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