

# 11 ways of training help the brain work more effectively

Here are 11 ways to train one of the most important parts of the body: the brain, which helps to be more productive and efficient.

**The brain is a muscle and it also needs to be practiced every day.** Of course, brain exercises will be a bit different from the exercises you have done. Here are **11 ways to train one of the most important parts of the body: the brain, which helps to be more productive and efficient.**

## 1. Exercise regularly

Regular exercise has been shown to improve brain function, while enhancing neurons. Every time you exercise means you are creating new brain cells, a healthy body is a prerequisite for a clearer mind.



## 2. Invoke curiosity

Don't judge everything just by looks or hastily ask questions without directly observing things. The familiar things that happen every day can also change, always think about how to do it. This will inspire creativity in you.

## 3. Try new things

**The brain will be stimulated when experiencing new things** . Although it is easy to be trapped by the same things, new experiences will be formed in the brain, increasing intelligence. That means you will get suggestions for new things you should do, that is, you can go to a familiar place with a new path, cook a new recipe or experiment with exercises. new fitness.

## 4. Eat and drink in moderation



**Diet has a strong impact on how the brain** performs functions. The brain needs 20% of oxygen and nutrients that are absorbed into the body. Pay close attention to your daily diet, healthy eating will help them work more effectively. You can eat more fresh fruits, vegetables and omega 3-rich foods in fish oil, for example.

## 5. Listen to music

**Listening to music or playing musical instruments will help you improve your learning** . Learning to play an instrument will affect the brain structure, helping you think faster and more accurately. The same thing happens when you listen to music but the expression is less pronounced. [15 great benefits of listening to music you may not know yet]

## 6. Get enough sleep

Sleep helps "purify" toxins from our brains. When sleeping, the body takes advantage of that time to restore energy and release toxins accumulated during the day. Experts recommend going to bed before midnight to get the best benefit of sleep. [10 dangerous dangers of not getting enough sleep]

## 7. Positive thinking



Stress and anxiety not only kill active **brain neurons** , but also stop the formation of new cells. Studies that show positive thinking (especially about the future) will increase the rate at which new cells form, while also significantly reducing negative emotions. Take control of your negative thoughts, then gradually replace them with more positive views.

## **8. Read books**

**Reading a book helps relieve stress and anxiety** , things that will kill brain neurons. Reading books is like stepping into another world, running away from stress. Reading will activate your imagination and creativity. Using imagination is the best way to optimize the brain, because they force people to imagine what they read.

## **9. Play intellectual games**

**Games that** require memory and concentration are a great way to train sophistication and solve difficult problems. Players can see progress in problem solving, persistence and spatial orientation skills.

## **10. Balance time watching TV**



People who **watch TV** or television on the internet for more than 4 hours each day (except for job specifics), often have lower intellectual scores - which means their fastness is low compared to people other. Watching TV not only reduces intelligence but also leads to **attention disorder** like ADHD. Because of the number of stimulating agents, the brain becomes overwhelmed for the duration of watching TV.

## 11. Resisting disease

Toxins, chemicals and **infections** are things that cause the body to become infected, negatively affecting the ability of the nervous system to function. Anti-inflammation by increasing the amount of antioxidants and omega 3. A study in Sweden showed that inflammation of the body is related to the **decline of intelligence** at the age of 18 to 20.

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