

How does daily activities affect the brain?

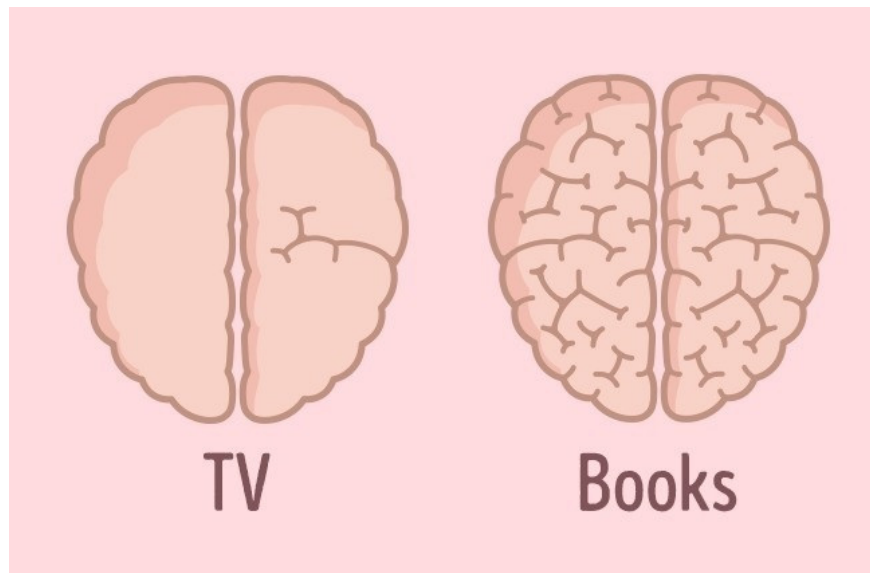
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1. Successfully decipher complex thoughts in the human brain
2. The human body changes throughout life but only one part does not change, you know what it is?

1. Read books to train your brain

The results of research by Oxford University scientists show that the reading process helps train our cognitive abilities. In addition, this activity activates many areas of the brain that are rarely used or forgotten.



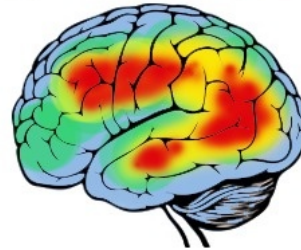
When reading, blood will enter the brain area, which is responsible for focusing and awareness from which to stimulate and accelerate activity. This doesn't happen when we play games or watch TV.

2. Lack of sleep depresses memory

7-8 hours



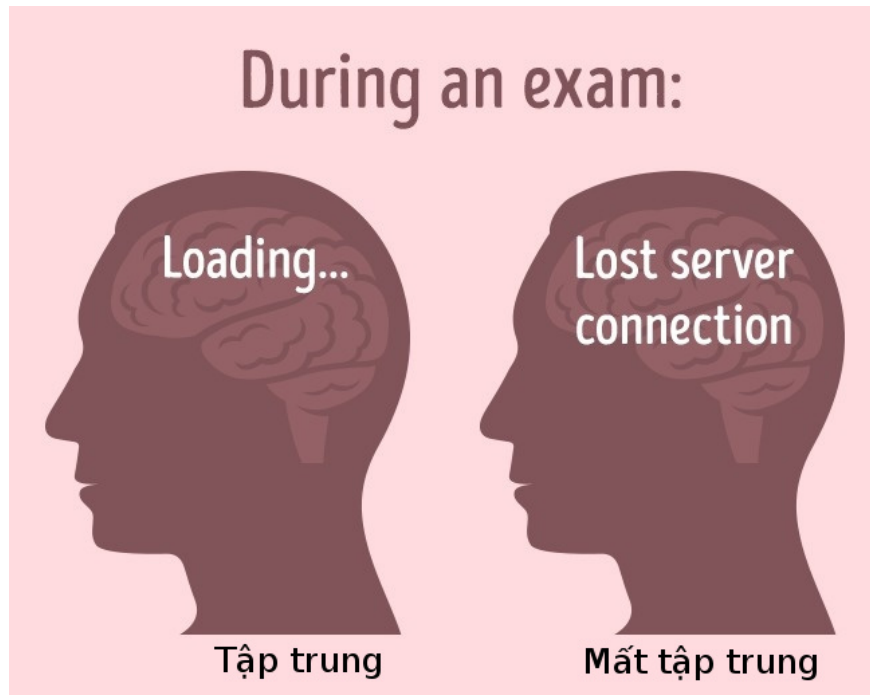
4-5 hours



Scientists at the University of California at Berkeley have discovered that sleep deprivation gradually destroys brain cells, increasing memory loss and causing Alzheimer's disease.

Conversely, if you have a good quality sleep, deep into the night, the cells will eliminate toxic substances that are dangerous to the brain.

3. Long-term stress affects the brain negatively



Everyone can realize that prolonged stress causes our memory, learning ability, concentration . to be reduced.

4. Love and hate are dominated by the brain

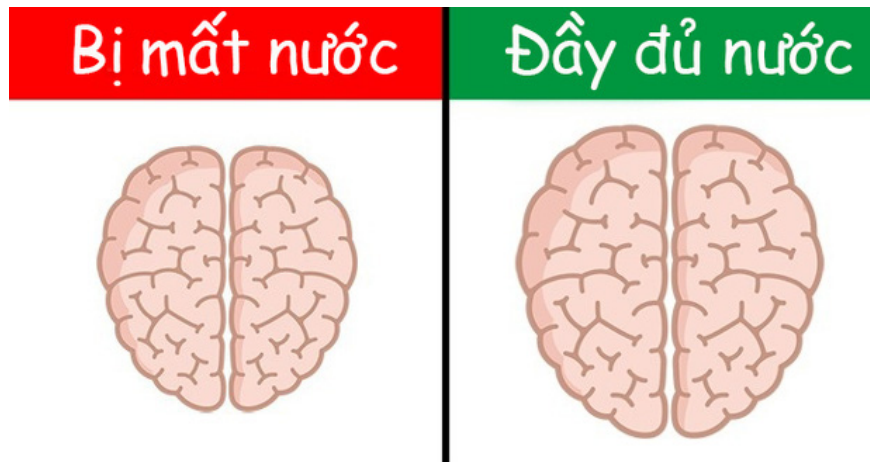


According to research by British scientists, love and hatred stem from the same brain region.

But unlike hatred, love makes the area's activities responsible for judgment and logical thinking significantly reduced. This proves that it is not wrong to say 'love makes people blind'.

1. Why is it foolish to say that when you love the smartest women?

5. The brain is sensitive to dehydration



80% of the brain is water. Therefore, the lack of water only about 2% is enough to make blood oxygen levels lower, leading to short-term memory decline, concentration and affect other cognitive abilities.

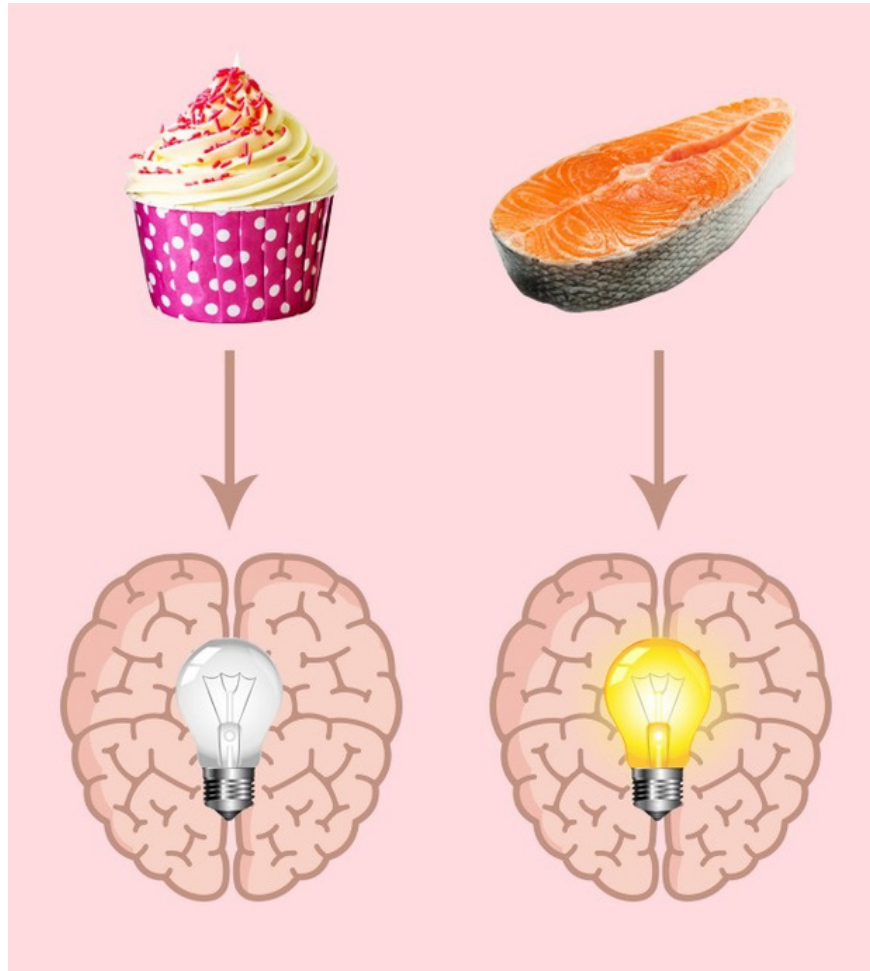
6. Pregnancy makes the brain structure change



Scientists have shown that pregnancy reduces the amount of gray matter in the area of ??the brain responsible for understanding and understanding others. The reason is that during pregnancy, the woman's brain will focus more on connecting with the baby in the abdomen to understand the needs of the child and the dangers that may occur from the outside.

1. New discovery: The female brain shrinks after pregnancy

7. High-sugar diets have reduced memory and learning ability

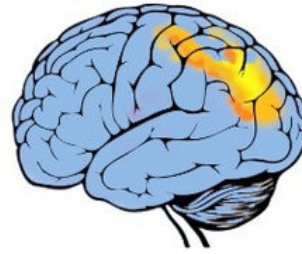
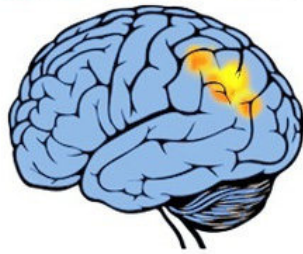


If the daily diet contains a lot of fructose, brain activity will be stagnant, reduced ability to learn, concentrate and remember.

The reason is that high blood sugar will destroy nerve connections to the area used to remember brain events. In particular, sugar in carbonated drinks, candies, soft drinks, . is far more dangerous than sugar in starch.

In order for the brain to function properly, you should supplement products such as fish, fish oil, natural oil-containing nuts containing high levels of omega 3 fatty acids to eliminate the consequences of the disorder.

8. Drawing also activates mental power in the brain



Scientists have been studying the influence of art on people aged 62 - 70. The results show that drawing or simply looking at artworks can make similarity. Interactions between brain regions increase and help slow down their aging process.

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