

If you want to be smarter, do 25 things every day!

Healthy brains are an important factor for the health of the entire body. The list below will provide you with 25 best practices for the brain in everyday life. Invite people to consult!

1. 12 weekend routines of successful people in the world
2. The secret to being smarter than the smarter person than you
3. 7 valuable tips that will change the way you work

Many of us think that only people with high IQ are considered smart. In addition, there are still many other potential ways to improve a person's awareness and help you become more proficient at work and other personal goals.



With enough determination and motivation, one of us can also improve our intellect, broaden our understanding and become smarter. If you incorporate new habits into your daily routine with appropriate stimulation, you can help your brain be more alert and encourage yourself to face new challenges every day.

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1. Search for novelty

In order to create new 'wrinkles' and enhance your brain, it is important that you constantly update your brain with new life information and experiences. At first, these habits seem to be in vain but later you will find yourself looking for peace, quiet moments alone.

2. Visit new places



Whether you work in a new cafe, go to work on a different street or even travel to another city is good for the brain. It's hard to tell the difference right away because at first you will feel quite strange. For example, at a new cafe you can't order drinks like 'normal' but instead, you have to look through the menu, choose a drink you haven't used before and make a decision.

Although this is quite simple, but people always like to do their own routine. We want to know what we expect. When we set foot in another country, both language, people, customs and culture are strange to us. Incorporating with another life pace makes the brain work continuously to adapt to new circumstances and challenges. Learning to communicate over language barriers makes the brain always creative to express emotions as well as their own needs. Listening to a new genre of music, eating foods that have never been tried or participating in foreign traffic are all activities that help the brain adapt to new circumstances.

1. Research proves: Traveling makes you smarter and healthier

3. Do not stop learning

Adult education is one of the most important investments in time, money and effort. While education is important at a young age and adolescence, adults do not seem to value learning new skills. Let yourself challenge with a new class and creative creativity. **Voluntary learning is the best opportunity for the brain to be smarter .**

4. Regularly read and watch the news

This is an activity that maintains the appearance of a habit while nourishing a healthy brain. Spending half an hour every morning or every night reading newspapers and watching news will help your brain work more efficiently. Updating information is a good daily routine. News brings interesting topics to consider and save new information inside the brain.

5. Read books



Reading is the simplest way for brain activity. Reading is practically supported by new vocabulary, presenting how to use appropriate grammar and unique style. However, this is only half the magic of reading.

Whether you read novels, prose, historical literature or poetry, reading provides an opportunity to visualize the big picture between literature and real life. In this way, reading is a way for the brain to 'travel' to a new land. Your imagination works to create people, scenes and actions from words on the other pages that help the brain 'record' and understand all the information collected.

1. 10 great benefits of reading every day

6. Work in a different way

Workplaces are like a painting to paint so new experiences. No matter what your job is, each of us has the same time or opportunity for ourselves to unleash creativity, solve problems differently and give new ideas to our group. . Instead of emphasizing each new issue, the important thing you need to do is relax and start imagining other options to achieve the ultimate goal.

7. Challenge yourself



Just like weightlifters have to exercise a lot, every day you have to 'exercise' the brain to overcome its current limit. As **Albert Einstein** once said: '*You should not pursue goals that are easy to achieve. Only those who do their best can achieve things that seem impossible*'.

The quote above includes what the brain can do. When focusing seriously on work, the brain will surprise us with the results obtained. Underestimating yourself will make you far more successful because when people believe in their abilities, they will be able to do better than they think.

8. Train the brain

Organizations like **Lumosity** often provide great exercises for the brain. With puzzles or games designed to increase endurance, Lumosity was created to challenge new brain and connections. A team of neuroscientists at the University of California Berkeley has developed this program to create stimulation for the brain to adapt to a completely new environment. There are many success stories thanks to the results of this experiment.

9. Give yourself 5 reasons when you're in trouble



One of the most "standard" ways to solve the problem is **to ask 5 questions** to find out the root of the problem. Asking questions will make the brain work to find the answer. Instead of worrying about the trouble you will encounter, always ask yourself the question of why.

10. Avoid using technology devices to let your brain rest

Technology has brought great things to the modern world today, but it also limits the ability to solve brain problems when adapting to a new environment or the ability to solve simple problems, for example. like solving a problem. Try going away without using GPS. Make an algebra problem without using a calculator. Make the brain work on your own, you will find it more effective.

11. Promoting creativity



Hand-drawing in kindergartens is not only a fun activity, but it also helps the mind to devise ways to solve problems. Artistic thinking creates new opportunities to find new solutions as well as relaxation for yourself.

The combination of factors from personal to professional working environment allows people to shine and bring innovation to themselves and become creative leaders. Find ways to bring creativity into everyday boring jobs.

1. 10 great ways to enhance your creative thinking skills at work

12. Sketch

You don't need to be a painter to evaluate artwork, but simply use a unique way to develop your brain through drawing. In addition to nourishing the basic combination of hands and eyes, it sends to the nervous system to store memory more vividly and permanently. From a simple drawing on a draft to a portrait with a pencil, drawing is a useful activity for the brain.

13. Drawing

Painting is harder than sketching because it makes the brain more active. However, unlike the sketch, the drawing needs a harmonious combination of colors to stimulate the brain. Painting people often have to feel about everything around them. Drawing is also a way to encourage people to pay attention to every little detail of life. Creating focus for the brain in this way will make it reach a realm of higher concentration.

14. Play an instrument



Learning how to play an instrument also brings incredible benefits to the brain. Hand-eye coordination, memory, concentration and math skills all improved through playing instruments. There are some instruments that are harder to learn than others, but any instrument helps to enhance and improve cognitive activity for the brain.

From making the fingers have to move flexibly on the piano keys to create sound, it makes the brain work at the same time to create a piece of music.

15. Writing

Just like reading books, writing enhances vocabulary, grammar skills and uses the right syntax. Writing helps the brain store information efficiently and promotes better memory skills. Studies show that students who regularly take manual notes score better on tests. Writing forces people to pay attention to experience, memory . it is a combination that increases brain activity.

1. 29 inspirational quotes for those who like to write

16. Play another person



Put yourself in someone else's situation to understand their thoughts. For trying to create new ideas, playing other people can help the brain work to find unique ideas and solve difficult problems.

17. Working with others

Although IQ is very important, emotional index also plays an essential role for success. Interaction with others helps people to open their vision, capture new ideas as well as recognize the novelty from the perspective of others.

Everyone faces challenges in life. Smart people often prefer to be alone because it can protect them from harsh judgment from others. However, this discomfort is necessary for those who are really smart because it makes them go beyond their limits. When you believe you have the answer, start debating to express your views.

Whether you work directly or through technology, partner with your colleagues and friends to share your experiences and wisdom. New people, new ideas will inspire you and create an environment that stimulates the brain to function. By creating an idea-sharing network, the brain begins to develop a new network to build and implement creative concepts.

18. Talk to interesting people



Everyone has their own life. Everyone gives an interesting information, stores the story differently and ends the day the way they want. This creates the necessary combination for the brain. Although everyone thinks they have the best method, why not take on other people's point of view to learn new solutions and techniques for both personal and professional issues.

Whether religious, financial, political or dietary dialogue, people should be listeners. Listening to others is also a challenge, because the brain also needs discipline.

19. Team work

Collaborative environments are essential to enhance brain activity. Some people like to work independently when they are forced to participate in the teamwork environment. However, these independent individuals are very smart and can be more beneficial when working in groups.

According to **Steve Johnson**'s book 'Where Good Ideas Come From', let's focus on the benefits of working with teammates to develop the main idea and create More effective strategies. Modern working environment often moves towards this approach.

20. Enhance physical health



The body makes the brain work so make the body always in the best state. Lack of motivation, mental and non-inspiring fatigue often involves exercise, diet and poor concentration.

21. Exercise

Recent studies show that people who exercise regularly have a higher IQ. In addition to maintaining a healthy body, people who exercise actually stimulate the growth of brain cells. A process called neurodevelopment takes place during rigorous training, increasing the production of neurotransmitters. With side effects like increased dopamine, people who exercise often have less stress, better focus and more energy.

1. Only "2-minute" exercise will keep you awake immediately

22. Pursuing a track and field



Many studies show that hyperactive children often learn better at school and have the opportunity to continue learning better after graduating from high school. Although sports activities can make you feel tired at the time, the common benefits of good physical activity for your future.

Whether you are looking for something like basketball, running, weightlifting or trying something new every day, maintaining a sports routine is very important for brain health.

23. Meditate

Control and let the brain relax is just as important as other activities, such as playing musical instruments or solving puzzles. Doctors have studied the effects of brain relaxation for years and the results are impressive. In a famous study, Dr. **Richard Davidson** of the University of Wisconsin collaborated with the **Dalai Lama** to study what will happen to the brain during meditation.

Transcendental meditation brings impressive results to the brain. People who struggle with fear, anxiety, depression and other mental illnesses should try meditation to keep calm and develop a stronger sense of concentration.

1. Scientifically proven: Meditation keeps our brains "young" and healthy

24. Maintain nutrition



Children and adults who are interested in enhancing brain activity should start by changing their daily diet. Research from the University of Bristol in the UK shows an association between unhealthy diets and low IQ in children. To start reversing unhealthy trends, try cutting back on excess fat, sugar and fast foods, start eating more vegetables, fruits and lean meats.

In addition, there are some unusual drinks that have been shown to help the brain work. Matcha green tea, pure hot cocoa and Gingko Biloba tea all benefit the brain. Some scientists said that Gingko Biloba tea helps provide enough blood for the brain and improves circulation.

25. Actively study

Let your child start with interactive video games, jumping rope, juggling and other activities to nurture brain stimulation. Play musical instruments, do physical activity or solve Sudoku puzzles so that the brain can function. Parents, remember to join your child.

Create daily routines to promote healthy brain activity, not necessarily the advice of a neurologist. Although many studies provide compelling evidence, increasing brain activity can be done with a few basic steps. Pay attention to your time and energy to start a smart and efficient working day.

Refer to some more articles:

1. Do you know that each one is more or less specialized in a field?
2. Want to become rich, remember to maintain 15 routine habits below!
3. 6 simple ways to do more with your time

Having fun!

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