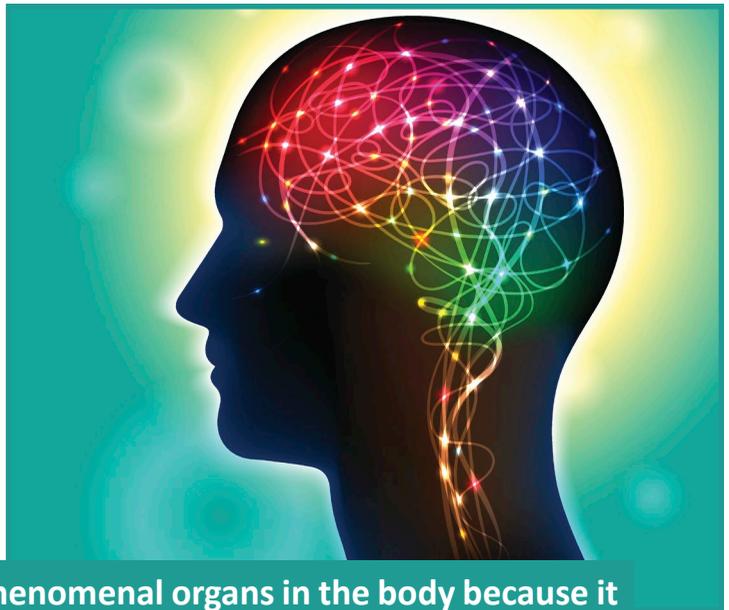


Keep your brain at the top of its game



The human brain is one of the most phenomenal organs in the body because it is responsible for receiving and transmitting millions of nervous system signals on a daily basis, as well as turning these signals into thoughts and actions.

Ways to stimulate your brain so that it functions at peak performance

In order to keep the brain running like a well-oiled machine, it is necessary to provide it with continuous stimulation.

- ***Push your brain to the limit.***

One of the best ways to keep your brain active is by constantly challenging yourself. To keep your brain performing at its optimum, you should always ensure that you keep pushing yourself to start thinking about new ideas and ventures. Challenging yourself to think bigger and dream bigger stimulates your brain and is one of the best mental workouts that you can have. Never be afraid to push the boundaries of your thinking because, apart from being great exercise, it can also result in great ideas and innovations.

- ***Challenge yourself with learning new skills.***

To boost brain function learn a new skill. Challenging yourself to master new abilities gets the neurons firing and helps to stimulate your brain. Taking on a new activity could be as simple as learning to play an instrument or taking up a new hobby. Finding an activity that helps stimulate your brain, such as doing crosswords, reading a good book, or playing board games, can be a great way to keep your brain active.

- ***Open up your mind to criticism.***

It may not feel good at the time, but in certain instances, constructive criticism is exactly what you need to get your brain fired up. Winston Churchill once said, "Criticism may not be agreeable, but it is necessary. It fulfils the same function as pain in the human body. It calls attention to an unhealthy state of things," and in so doing, criticism forces you to start thinking about how you can do or be better.

Constructive feedback might be one of the most difficult things to accept, but it is also one of the best ways to exercise your brain and encourage your brain to start thinking of ways to improve.

- ***Eat brain boosting food.***

Your brain needs just as many nutrients to function as it should as the rest of your body. Eating 6-7 portions of a variety of brightly coloured vegetables and two portions of brightly coloured fruit every day can help your brain to get rid of waste more effectively, repair and grow as it should, and keep all its neurons firing.

The best way to keep your brain healthy is to ensure that you are constantly using it in productive ways. So, don't forget to treat your brain well so it can continue to function in the way it should.