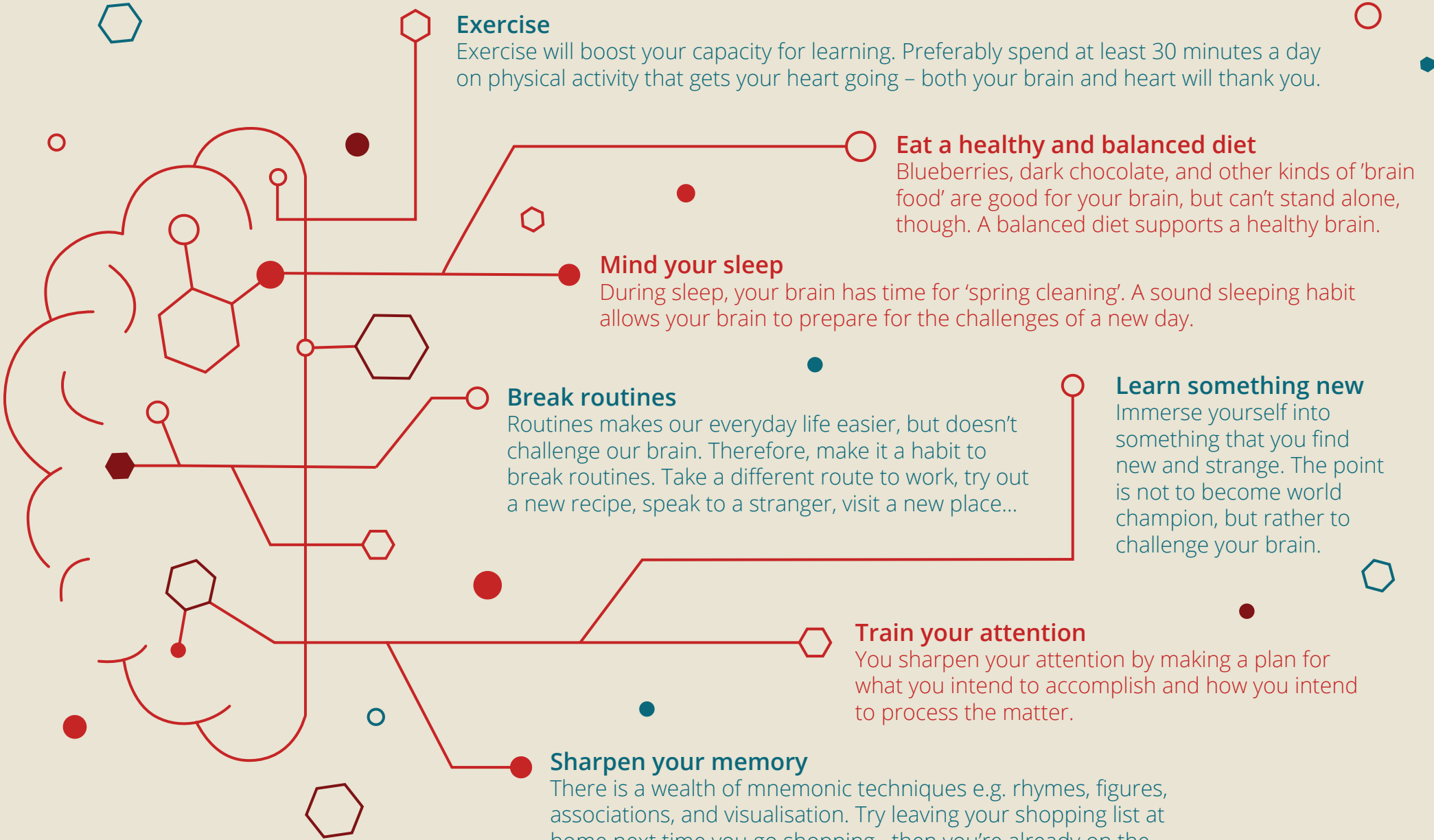


7 WAYS TO BUILD A BETTER BRAIN



Exercise

Exercise will boost your capacity for learning. Preferably spend at least 30 minutes a day on physical activity that gets your heart going – both your brain and heart will thank you.

Eat a healthy and balanced diet

Blueberries, dark chocolate, and other kinds of 'brain food' are good for your brain, but can't stand alone, though. A balanced diet supports a healthy brain.

Mind your sleep

During sleep, your brain has time for 'spring cleaning'. A sound sleeping habit allows your brain to prepare for the challenges of a new day.

Break routines

Routines makes our everyday life easier, but doesn't challenge our brain. Therefore, make it a habit to break routines. Take a different route to work, try out a new recipe, speak to a stranger, visit a new place...

Learn something new

Immerse yourself into something that you find new and strange. The point is not to become world champion, but rather to challenge your brain.

Train your attention

You sharpen your attention by making a plan for what you intend to accomplish and how you intend to process the matter.

Sharpen your memory

There is a wealth of mnemonic techniques e.g. rhymes, figures, associations, and visualisation. Try leaving your shopping list at home next time you go shopping– then you're already on the right track to sharpening your memory.