

## Keep Your Mind in Good Working Order

2014-01-02



Keep Your Mind in Good Working Order|Wellness magazine

On New Year's Eve, mass of people are inspired to make healthy resolutions that quickly wind up on the slippery slope towards trouble. With patience and commitment, you can turn your wellness dreams into reality. Here, find 7 New Year wellness tips how to keep your mind in good working order. Start the New Year with good intention. Keep up your effort and sustain good health all year long. **Being healthy helps** all of us perform well in home, school and our careers, too.

1. Focus on making **positive things happen**. Devoting time and attention to

something that gives your life meaning. Discover the purpose. It will be much easier to find your way to happiness. **Humor is not a gift** you either have or not, it is a skill. Like any skill, it improves with practice, than take a few moments to **SMILE**. Communicate your wants and needs in a way that can be heard – tell yourself and others what can be done rather than what can't be done.

2. The connection between what goes in your body and how your brain performs is a strong one. **The food you eat** can have a direct effect on your energy level, physical health, and mood. By choosing foods that can give you steady energy, you can help your body stay healthy. This may also help your mind feel good. Eating light and healthy meals can help you maximize your ability to concentrate. As Thomas Jefferson said, we rarely regret eating too little. It's likely you'll find that you need less food to satisfy yourself than you think. Eating foods that are antioxidants can help improve focus, problem-solving, and memory. Evaluate how much sugar, fats, caffeine and refined carbohydrates you ingest every day. Adapt to eating healthier portions and choice of complex carbohydrates, fresh fruits and veggies, supplements, and snacks to even out mood swings for allowing your body to have emotional balance and fitful sleep.

3. Improving your sleep is one of the best ways to boost your brain power. In order to reach any wellness goal, you need to get a full night's sleep to help your body recover. Scientists are finding new evidence that **a good night's rest** plays a crucial role in cementing memories formed during the day. When we sleep, memories are sifted through, some discarded, others saved. When we don't sleep, a recent study found, proteins build up on synapses, possibly making it hard to think and learn new things.

4. **The concentration** is essential for success in every area of life, at work and at home, at school and in college, in sports and in business, for achieving goals and completing tasks. If you wish to improve your life and to achieve success in any area of life, you need improved ability to understand and pay attention to details. Concentration is an activity like any other. Clearly the more we practice, the better our concentration will become. Remember to give your brain a quick break at least every hour, at most every 30 minutes. If your brain has to concentrate consistently for hours at a time, it loses processing power and your concentration levels slip.

5. **Supplement your brain-healthy way**. No suggestion of supplements for brain health is complete without mentioning Omega-3 oil. The majority of the brain is made up of "good" fats known as fatty acids, and the majority of this "good" fat is Omega-3. Studies have shown that diets rich in Omega-3 can result in increased learning ability, problem-solving skills, focus, memory, and communication between cells. Omega-3 has also been shown to help promote a positive mood and emotional balance. Coenzyme Q10 has antioxidant properties that help to protect your brain from various damages. Ginkgo biloba is mainly used to improve your memory because it raises blood flow to the brain. Vitamin B helps to carry oxygen to the brain. But, if you are looking for something to **help enhance your concentration**, or elevate mental performance at work, Alleradd, a new over-the-counter product to promote focus could be a healthy choice. Alleradd -

the mental energy product is designed with 18 healthy, all-natural ingredients including ALPHA, green tea, choline, vitamin B6 and vitamin B12, to replenish neurotransmitters and precursors in your brain for an safe energy boost unlike any other. By supplementing with so-called 'smart drags' or 'nootropics,' you may not become the next Terrence Tao (*the most intelligent man on the planet, IQ score - over 230,*) but you may experience some noticeable improvements to your concentration, mood, learning abilities and mental clarity **with no harmful side effects.**

6. Handle stress by managing triggers that upset your "apple cart." If you feel overwhelmed, take a deep breath and get oxygen to your brain. "The simplest and most powerful technique for protection your health is breathing," asserts Andrew Weil, M.D. director of the Center for Integrative Medicine of the College of Medicine, University of Arizona. Focus on staying calm to face the challenges ahead. For centuries, millions of people have relied on meditation to improve concentration, relieve stress, and control breathing. New research shows that **meditation can help** you improve your ability to relax and concentrate in two ways. First, it can make you better at focusing on something specific while ignoring distractions. Second, it can make you more capable of noticing what is happening around you, giving you a fuller and clear perspective on the present moment.



7. Make time for **your hobbies** to rejuvenate your own mental state of mind. There is a fine line between running away or avoiding responsibilities and delegating time for obligations as well as time for personal interest and activities. Learn something new. Practice the art of centering yourself. Take up an exercise form that focuses on breathing, visualization, and quiet time for least 15 minutes per day. This practice helps to keep you calm for making better decision.

