

I'm not robot!



# FIVE SCIENTIFICALLY PROVEN BENEFITS OF GRATITUDE



## INCREASE YOUR HAPPINESS

**Boost your happiness set-point 25%.**

Dr. Robert Emmons, Ph.D., explains that your basic level of happiness is set at a predetermined point. Whatever happens to you--good or bad--you'll find yourself returning to that set-point. However, a practice of gratitude raises your happiness set-point, increasing your overall feeling of happiness.

## GET BETTER SLEEP

**Grateful people get better sleep.**

A 2009 study found that grateful people sleep longer per night and have an easier time falling asleep. In addition, they feel more refreshed upon waking. Therefore, if you want to sleep soundly, instead of counting sheep, start counting your blessings..



## BECOME MORE RESILIENT

**Bounce back from disappointment.**

An Eastern Washington University study showed that people who were asked to find something about an unpleasant experience that made them feel grateful were better able to let go of the upsetting experience and move on.



## IMPROVE YOUR HEALTH

**Gratitude makes you healthier.**

Dr. Emmons also argues that gratitude has physical benefits. He and his colleagues studied over 1,000 people, from ages eight to 80. They found that people who practice gratitude consistently report a host of health benefits..



## GAIN PEACE OF MIND

**Gratitude leads to contentment.**

Another of Dr. Emmons' findings is that people who exhibit an attitude of gratitude are more likely to be satisfied with what they already have. They tend to be less envious of others, and are less likely to judge their own success based on the amount of possessions they've accumulated.



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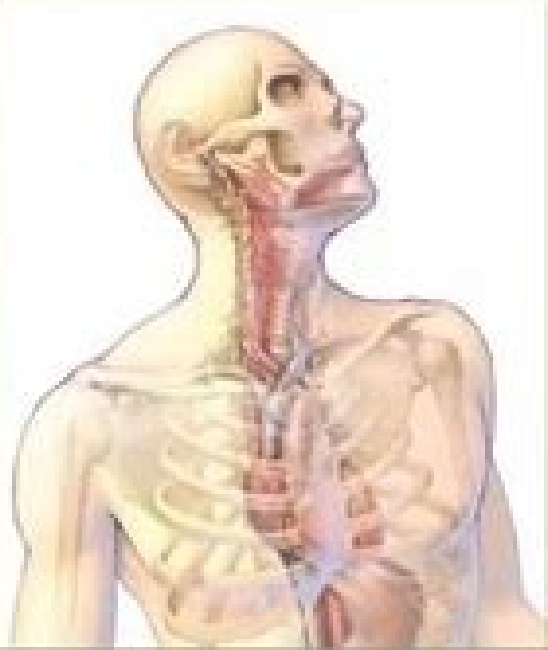
## Pilates

mit dem kleinen Ball



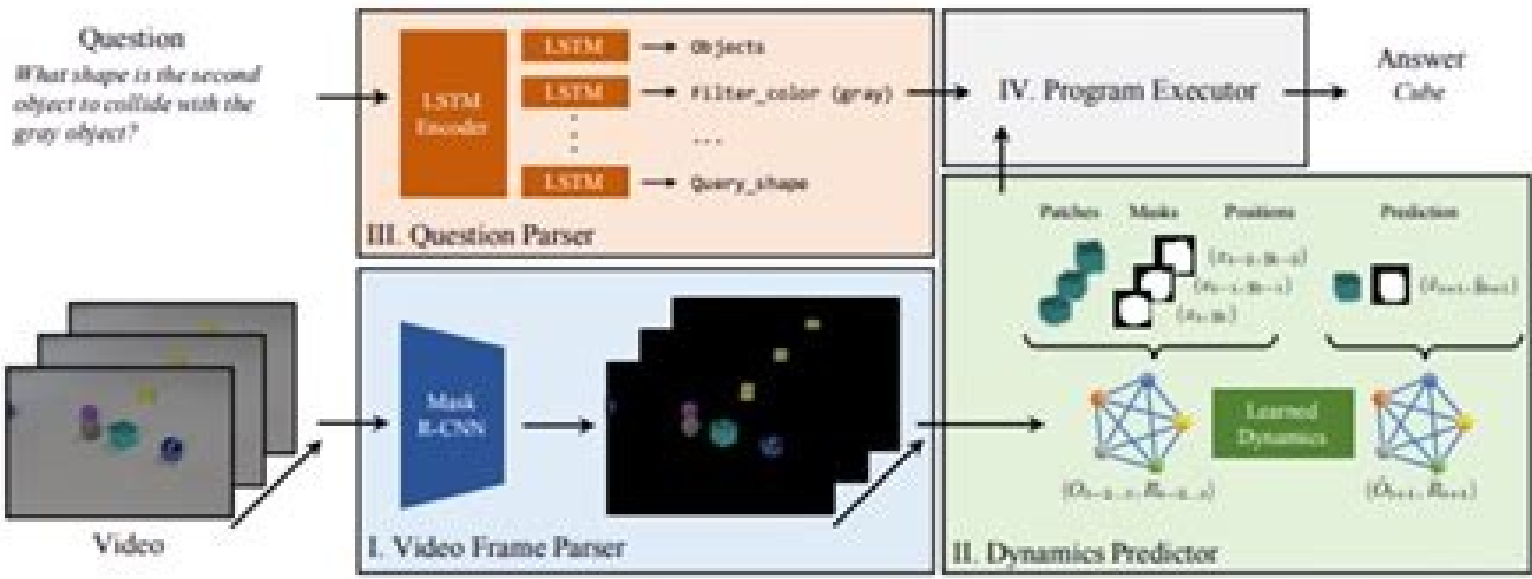
# CALMING VIA THE VAGUS NERVE

- Runs from the brainstem to the upper abdomen via the body cavity
- Receives AND sends signals
- Can be stimulated to cause tension OR relaxation
- No longer assumed to factor much into relaxation through deep breathing (Kalyani, et al, 2011)
  - Pilot study shows relaxation cascade along vagus nerve with chanting
  - Chanting “Om” or “Aum”: long, low, and moderately loud with one continuous sound
  - “AahhhOhhhhMmmmmmm”



## Five Rites

BY DAREBEE @ darebee.com  
21 repetitions each exercise



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Share on PinterestThe brain is involved in everything we do and, like any other part of the body, it needs to be cared for too. Exercising the brain to improve memory, focus, or daily functionality is a top priority for many people, especially as they get older. That said, people of all ages can benefit from incorporating a few simple brain exercises into their daily life, which we'll explore in more detail in this article. Research has shown that there are many ways you can hone your mental sharpness and help your brain stay healthy, no matter what age you are. Doing certain brain exercises to help boost your memory, concentration, and focus can make daily tasks quicker and easier to do, and keep your brain sharp as you get older. Let's take a deeper dive into 13 evidence-based exercises that offer the best brain-boosting benefits. Whether you're putting together a 1,000-piece image of the Eiffel Tower or joining 100 pieces to make Mickey Mouse, working on a jigsaw puzzle is an excellent way to strengthen your brain. Research has shown that doing jigsaw puzzles recruits multiple cognitive abilities and is a protective factor for visuospatial cognitive aging. In other words, when putting together a jigsaw puzzle, you have to look at different pieces and figure out where they fit within the larger picture. This can be a great way to challenge and exercise your brain. When's the last time you played a game of cards? Researchers who conducted a study in 2015 on mentally stimulating activities for adults, say a quick card game can lead to greater brain volume in several regions of the brain. The same study also found that a game of cards could improve memory and thinking skills. Try learning one of these tried-and-true card games:solitairebridgegin rummypokeyheartscrazy eightsA rich vocabulary has a way of making you sound smart. But did you know you can also turn a quick vocab lesson into a stimulating brain game? Research shows that many more regions of the brain are involved in vocabulary tasks, particularly in areas that are important for visual and auditory processing. To test this theory, try this cognitive-boosting activity:Keep a notebook with you when you read. Write down one unfamiliar word, then look up the definition. Try to use that word five times the next day.The Centers for Disease Prevention and Control notes that learning new dance moves can increase your brain's processing speed and memory. In other words, bust a move on the dance floor and your brain will thank you. Want to test it out? Give one of these dance activities a try:Take a salsa, tap, hip-hop, or contemporary dance class. Try a Zumba or jazz exercise class.Watch an online video with fun dance moves you've always wanted to learn. Grab a partner and learn to ballroom dance.Gather your friends and go line dancing.A 2015 research report suggests that using all your senses may help strengthen your brain. To give your senses and your brain a workout, try doing activities that simultaneously engage all five of your senses. You could try baking a batch of cookies, visiting a farmer's market, or trying a new restaurant while you focus on smelling, touching, tasting, seeing, and hearing all at the same time. Learning a new skill is not only fun and interesting, but it may also help strengthen the connections in your brain. Research from 2014 also shows that learning a new skill can help improve memory function in older adults.Is there something you've always wanted to learn how to do? Perhaps you'd like to know how to repair your car, use a particular software program, or ride a horse? You now have one more good reason to learn that new skill. One of the best ways to expand your learning is to teach a skill to another person. After you learn a new skill, you need to practice it. Teaching it to someone else requires you to explain the concept and correct any mistakes you make. For example, learn to swing a golf club, then teach the steps to a friend.Do you want an easy way to increase your creative brain power? The answer may lie in turning on some music. According to a 2017 study, listening to happy tunes helps generate more innovative solutions compared to being in silence. Which means, cranking up some feel-good music can help boost your creative thinking and brain power. And if you want to learn how to play music, now is a great time to start because your brain is capable of learning new skills at any point in your life. That's why you're never too old to start playing an instrument like the piano, guitar, or even the drums. Don't get stuck in a rut when it comes to your daily tasks. Instead, be willing to try new ways to do the same things. Choose a different route to get to work each week or try a different mode of transport, like biking or using public transport instead of driving. Your brain can benefit from this simple change, and you might be surprised by how easy it is to change your thinking.Daily meditation can calm your body, slow your breathing, and reduce stress and anxiety. But did you know that it may also help fine-tune your memory and increase your brain's ability to process information? Find a quiet spot, close your eyes, and spend five minutes meditating each day. A 2012 review of research has overwhelmingly proven the many cognitive benefits of being able to speak more than one language. According to numerous studies, bilingualism can contribute to better memory, improved visual-spatial skills, and higher levels of creativity. Being fluent in more than one language may also help you switch more easily between different tasks, and delay the onset of age-related mental decline. The good news is that it's never too late to reap the rewards of learning a new language. According to researchers, you can boost your memory and improve other mental functions by becoming a student of a new language at any time in your life. It's no secret that tai chi can benefit your health in many ways, including your mental health. Plus, it can also help center you when life seems out of balance. Taking up a regular practice of tai chi can help reduce stress, enhance sleep quality, and improve memory. A 2013 study found that long-term tai chi practice could induce structural changes in the brain, resulting in an increase in brain volume. Beginners do best by taking a class to learn the different movements. But once you know the basics, you can practice tai chi anywhere, anytime.The next time you interact with someone, take note of four things about them. Maybe you observe the color of their shirt or pants. Are they wearing glasses? Do they have a hat on, and if so, what kind of hat? What color is their hair? Once you decide on four things to remember, make a mental note, and come back to it later in the day. Write down what you remember about those four details. Focusing on your brain health is one of the best things you can do to improve your concentration, focus, memory, and mental agility, no matter what age you are. By incorporating brain exercises into your everyday life, you'll get to challenge your mind, sharpen your cognitive skills, and possibly learn something new and enriching along the way, too. The brain is the most complex organ of the body. It regulates multiple bodily functions, interprets incoming sensory information, and processes our emotions. It is also the seat of memory, intelligence, and creativity.Although the brain gets plenty of exercise every day, certain activities may help boost brain function and connectivity. This in turn may help protect the brain from age-related degeneration.The brain is always active, even during sleep. However, certain activities can engage the brain in new ways, potentially leading to improvements in memory, cognitive function, or creativity.This article outlines 22 brain exercises that may help boost memory, cognition, and creativity.Visualization involves forming a mental image to represent information. The mental image may be in the form of pictures or animated scenes.A 2018 review notes that visualization helps people organize information and make appropriate decisions.People can practice visualization in their day-to-day lives. For example, before going shopping, people can visualize how they will get to and from the grocery store, and imagine what they will buy when they get there. The key is to imagine the scenes vividly and in as much detail as possible.Playing card games or board games can be a fun way to socialize or pass the time. These activities may also be beneficial for the brain. A 2017 study found a link between playing games and a decreased risk of cognitive impairment in older adults.Memory card games test a person's short-term memory and ability to remember patterns. They are a simple and fun way to engage the brain and activate areas related to pattern recognition and recall.Crossword puzzles are a popular activity that may stimulate the brain. An older study from 2011 notes that crossword puzzles may delay the onset of memory decline in people with preclinical dementia.Completing a jigsaw puzzle can be a good way to pass the time and may also benefit the brain. A 2018 study found that puzzles activate many cognitive functions, including:perceptionmental rotationworking memoryreasoningThe study concluded that doing jigsaw puzzles regularly and throughout life may protect against the effects of brain aging.Number puzzles, such as sudoku, can be a fun way to challenge the brain. They may also improve cognitive function in some people.A 2019 study of adults aged between 50 and 93 years found that those who practiced number puzzles more frequently tended to have better cognitive function.A 2016 meta-analysis notes that chess and other cognitive leisure activities may lead to improvements in:memoryexecutive functioning, which is the ability to monitor and adapt behavior in order to meet set goalsinformation processing speedA 2015 study found that there is a connection between regular participation in checkers or other cognitively stimulating games and larger brain volume and improved markers of cognitive health in people at risk of Alzheimer's disease.A 2015 review notes that some types of video games — such as action, puzzle, and strategy games — may lead to improvements in the following:attentionproblem solvingcognitive flexibilityEnjoying company of friends may be a mentally engaging leisure activity and may help preserve cognitive function. A 2019 study found that people with more frequent social contact were less likely to experience cognitive decline and dementia.Some social activities that may help stimulate the brain include:having discussionsplaying gamesparticipating in social sportsLearning new skills engages the brain in different ways and may help improve brain function.A 2014 study of older adults found that learning a new and cognitively demanding skill, such as quilting or photography, enhanced memory function.Increasing one's vocabulary range is a great way to broaden knowledge while exercising the brain.A simple way to increase vocabulary is to read a book or watch a TV program and note down any words that are unfamiliar. A person can then use a dictionary to look up the meaning of the word and think up ways to use the word in a sentence.“Bilingualism” refers to the ability to speak two languages.A 2019 review notes that bilingualism increases and strengthens connectivity between different areas of the brain. The researchers propose that this enhanced connectivity may play a role in delaying the onset of Alzheimer's disease and other forms of dementia.A 2018 study published in Brain Sciences found that listening to music a person enjoys engages and connects different parts of the brain.The researchers propose that this may lead to improvements in cognitive function and overall well-being.Learning an instrument exercises parts of the brain that are responsible for coordination.According to a 2014 study, playing an instrument may benefit cognitive development in a young brain and help protect against cognitive impairment in an aging brain.Taking up a new hobby can be mentally stimulating and exercise the brain in new ways.Hobbies that require coordination or dexterity will activate a person's motor skills. Such hobbies may include:knittingembroiderydrawingpaintingdancinglearning a musical instrumentRegular physical exercise is beneficial for both the brain and the body. Authors of a 2019 review note that exercise improves the following aspects of brain health:memorycognitionmotor coordinationAccording to the Centers for Disease Control and Prevention (CDC), exercise has beneficial effects on the following aspects of cognitive health:memoryplanningorganizationDance is a form of exercise that may also engage areas of the brain involved in rhythm and balance.Certain sports are both physically and mentally demanding. Some require a range of cognitive skills, such as:sustained attentionplanningmultitaskingthe ability to adapt rapidly to changing situationsA 2019 review notes that elite athletes who participate in high demand sports tend to have improved attention and faster information processing speeds.Tai chi is a form of physical exercise that involves gentle body movements, rhythmic breathing, and meditation.A 2019 study compared brain function and connectivity among tai chi practitioners and those who did not practice it.The researchers found that the tai chi practitioners had enhanced connectivity between different regions of their brain. They proposed that this may improve cognition and decrease the rate of memory loss.While not necessarily an active exercise, sleep is crucial for both the brain and the body.According to the National Institute of Neurological Disorders and Stroke, most adults need between 7 and 9 hours of sleep each night, although many people get less sleep than they need.A 2015 review notes that sleep has been proven to:boost memory recallreduce mental fatigueregulate metabolismAs such, making sure to get enough sleep each night is an important step toward maintaining a healthy brain.Brain exercises can be as simple as actively engaging the brain in everyday tasks. Others are targeted workouts for the brain, specifically designed to enhance memory, cognition, or creativity.Exercising the brain may help improve brain function and boost connectivity between the different areas. This may help protect the brain from age-related degeneration.People are likely to differ in terms of the brain exercises they find most enjoyable. It may be a good idea to try a range of brain-training activities at first and to stick with those that provide the most enjoyment or reward.



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