**BASIC PROCESSES OF THOUGHT AND BRAIN GYM**

Introduction

Brain gym involves a sequence of activities believed to improve the academic

Performance.

It can also be defined as a proprietary training of brain and body movement program.

**What do a body benefit from brain gym?**

 It connects both brain hemispheres with the final aim of improving the

 Brain functions and balances the effect of daily stress and tension and enables one

Reach an optimal state to help them stay in shape of thinking, learning and concentrate

At any time.

* Is brain gym for some period of age?

No! Because it helps to improve neurological function so that areas of the brain are

More strongly connected and accessible for any given task. From the age of eight years

Old a one is able to access brain gym.

* This is how you can exercise your brain
* Exercise brain
* Have fun with different types of people
* Try cards
* Build vocabulary
* Bring your heart out
* Use all your sense
* Practice new skills
* Teach something new to someone

**How can you encourage a children’s brain development?**

* Play with kids
* Comfort babies they can also need to be healed
* Read for your kids, it promotes their brain development

**These are the kind of different nutrients that will help your healthy brain**

**Development**

* Meat
* Eggs
* Beans
* Soy products
* Seafood
* Peas
* In teenagers there is no big difference with kids on how to raise brain gym? They

Also

* Practice eating healthy
* Participate in mental activities
* Get enough sleep
* Engage yourself in creative activities
* Practice safety
* Learn to manage emotions
* Avoid drug use and alcohol
* Let your kids practice these activities, they are effectively simple and good on

Their brain gym.

* Double doodle
* Cross crawls
* Lazy eights
* The elephant
* Active arm
* The owl
* Gravitational glider
* Thinking cap
* Communicate with them
* Introduce books
* Story telling
* Ask questions to stimulate thinking process
* Let them explore
* Physical activity
* Associating things and situations
* Independence

**This is how brain gym will overcome learning barriers when it’s early practiced**

* It will help your attention deficits
* It will help in coordination of issues
* It will save memory deficits
* Stamina

**What is the purpose of brain gym in general?**

* It aims to improve the brain functions
* In charge of balancing the daily stress and tension
* Reaches optimal state on people to them stay in shape
* It helps a person to think, learn and get concentrated at anytime

**These are the goods effects exercise has on the brain**

* It increases heart rate which pumps oxygen to the brain
* It also aids the release of hormones which provides excellent growth of brain

Cells.

* Promotes brain plasticity by stimulating growth of new connections between

Cells in many important areas of brain.

* Here are the neurological benefits of exercise
* Decrease stress
* Decrease anxiety
* Improves processing of emotions
* Prevention of brain conditions
* Euphoria
* Increases energy
* Increases focus and attention
* Hindering to the aging process
* Memory improves
* Exercise also may have some bad effects on the brain
* It reduces ability to insulin
* Reduces inflammation
* Stimulates the release of growth factors
* Abundance and non-survival of new brain cells
* Getting over injuries
* Feeling sore muscles
* Having trouble sleeping
* Irritability
* Being depressed
* Feel tired
* In need of long period of rest
* Unable to perform at the same level

**This is how brain gym can train you to focus and attention**

* Practice playing certain types of games
* Create your own game
* Improve your sleep
* Make time for exercise
* Spend time in nature
* Give meditation a try
* Take a break
* Listen to music

**This is how brain creativity can be improved**

* Let your mind wander
* Reduce distraction
* Improve your capacity for selective attention by practicing mindfulness
* Practice reading novels
* Meet someone new
* Meditate
* Organize space
* Challenge your body
* Take class
* Keep a journal
* Use commute
* Brain gym will help you to improve health and memory in these ways
* Eat less added sugar
* Try to use fish oil
* Practice meditation
* Maintain healthy wait
* Get enough sleep
* Practice mindfulness
* Drink less alcohol
* Train brain
* Methods to help you sharpen your memory
* Physical activity routine
* Stay mentally active
* Socialize regularly
* Get organized
* Sleep well
* Eat a healthy diet
* Manage chronic conditions
* Prevent the following things it affect mostly the memory
* Lack of sleep
* Stress
* Anxiety
* Depression
* Thyroid problems
* Vitamin B12 deficiency
* Alcohol abuse
* Medication
* Improve your short term memory by practicing this
* Try chew gum while learning
* Move your eyes from side to side
* Clench your fists
* Use unusual fonts
* Doodle
* Laugh
* Practice good posture
* Practice eating a Mediterranean diet

**These are the mindfulness exercises that corporates with your brain gym**

* Mindful breathing
* Mindful observation
* Mindful awareness
* Mindful listening
* Mindful thinking

**What is the benefit of meditation in brain gym?**

* Meditation reduces stress
* Helps you to control anxiety
* Promotes emotional health
* Enhances self-awareness
* Lengthens attention span
* Sometimes reduces age and related memory loss
* It also generates kindness
* Help fight addictions
* Can meditation repair brain damage?
* Yes! Because it teaches us how be aware of our emotions, feelings and our

Everyday thoughts.

* Try out these exercises they will help you to direct and focus on your attention
* Make notes
* Meditate for some minutes
* Read a long book
* Exercise your body
* Practice active listening
* Try a counting game
* Memorize patterns
* Try to complete a puzzle
* This is how you can train your brain to be less distracted, apply the following
* Plan critical tasks each day, your thoughts shape your reality
* Find your peak hours
* Avoid multitasking
* Treat your mind like a muscle
* Build in you willpower
* Practice discipline
* Acknowledge your need to avoid pain and to gain pleasure
* Avoid distractions

**How you can give yourself a-hypnosis**

* Get comfortable
* Find the right spot
* Set your goal
* Focus your gaze
* Begin breathing slowly
* Continue to relax
* Visualize
* Spend some time in your scene

**What is the difference between hypnosis and meditation?**

Meditation is described as the way that increases a person’s sense of present moment

Awareness while hypnosis uses the guidance of therapist, it is like state of heightened

Awareness.

* Benefits of hypnosis
* Help in trouble sleeping
* Anxiety
* Irritable bowel syndrome
* Chronic pain
* Quitting smoking
* Weight loss
* Pain control

**This is what happens to brain during hypnosis**

Due to hypnosis state the brain shifted to a state where individual brain regions acted

More independently of each other.

* Although hypnosis is good but it also have some risks
* Creates false memories
* Creates headache
* Dizziness
* anxiety
* benefits of brain gym
* help children get sharper and smart
* boosts self-esteem and confidence level
* improves health
* Boosts immunity
* It enables people to heal
* Improves eyesight
* Improves creativity
* Boost communicative skills
* Improved vision
* Self confidence
* Manage stress in this way
* Eat healthy diet
* Reduce caffeine
* Reduce sugar
* Avoid cigarettes
* Avoid alcohol
* Get plenty sleep
* Supplement with magnesium
* Identify professionals to help
* Start small and congratulate yourself
* Organize your thoughts
* Don’t panic in life
* Exercise regularly
* Talk to people
* Positive self-talk

**This is the reason why it is important to manage stress brainly**

It is because it helps to break the hold stress has on your life so you can be happier,

Healthier and become more productive. This will lead to a good effect on the brain.

It also helps mind and body adapt resilience without it. This will enables you to see well

Benefits of avoiding stress to your life as the following:

* Increased functioning of brain
* Boosted immune system
* Better preparation for stressful situations
* It brings happiness to your life
* Healthier life

**Conclusion**

It has been seen that brain gym will help you to improve the behavior and attitudes of a

Person and in making them more focused in what they doing in everyday life.

References

Book: brain gym activities

Author: Paul Dennison

Personal research and shared conversations with people who got mental health issues

And disorders.