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in fact scientists sometimes refer to the human brain as the crowning achievement of evolution but what exactly makes our brains so special some leading arguments have been that our why your brain needs exercise upright and active with mounting evidence that aerobic exercise can boost brain health especially in older adults the move and think in fact a growing body of research suggests that exercise that is cognitively stimulating may indeed the brain controls many aspects of thinking remembering planning and organizing making decisions and much more these cognitive abilities affect how well we do everyday tasks and whether we can live independently some

changes in thinking are common as people get older for example older adults may be slower to find words and recall names if problems or dangers never seem to go away it may be because our brain keeps changing how we define them credit getting images we were sceptical that we would find the same inconsistencies in brain basics know your brain the brain is the most complex part of the human body this three pound organ is the seat of intelligence interpreter of the senses initiator of body movement and controller of behavior lying in its bony shell and washed by protective fluid the brain is the source of all the qualities that define our humanity it is also the stress chronically high levels of the hormone cortisol which is associated with stress can lead to memory impairments in healthy adults said moira mikolajczak a psychology if you've ever wondered why unfinished tasks seem so intrusive it is because of a phenomena called the zeigarnik effect failing to complete a task creates underlying cognitive tension which the brain is a complex organ that controls thought memory emotion touch motor skills vision breathing temperature hunger and every process that regulates our body together the brain and spinal cord that extends from it make up the central nervous system or cns depression has many possible causes including faulty mood regulation by the brain genetic vulnerability stressful life events medications and medical problems it is believed that several of these forces interact to bring on depression why your brain needs more downtime research on naps meditation nature walks and the habits of exceptional artists and athletes reveals how mental breaks increase productivity replenish you can change your brain certain activities such as studying a new language exercising and learning to juggle can increase gray matter this is a tissue in the brain that is thought to help you process information many scientists believe that the more gray matter you have the faster your brain works photographs by baguiani constantin rem sleep is the only time when

our brain is completely devoid of the anxiety triggering molecule noradrenaline at the same time key emotional and memory related structures of the brain are reactivated during rem sleep as we dream since then other studies have established that exercise has positive effects on the brains of humans too it s well known that physical activity improves the functioning of many organ systems this includes conditions that are caused by illness genetics traumatic injury this is a broad category of disorders which vary greatly in symptoms and severity keep reading to learn about some grief is that emotional state that just knocks you off your feet and comes over you like a wave grieving necessarily has a time component to it grieving is what happens as we adapt to the fact we discovered that in order to motivate a desire to help others a story must first sustain attention a scarce resource in the brain by developing tension during the narrative brain cells require a delicate balance between water and various elements to operate and when you lose too much water that balance is disrupted your brain cells lose efficiency years of february 15 2021 practicing a new and challenging activity is a good bet for building and maintaining cognitive skills your brain has the ability to learn and grow as you age a process called brain plasticity but for it to do so you have to train it on a regular basis

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