

BRAIN RULES

By John Medina

Fascinating facts that rule our behaviour



WHAT INFLUENCES THE WAY WE WORK, COMMUNICATE & LEARN?

By making tiny changes on the road to making big ones, you can utilise behaviour science to reset your brain. Here are four ways to ensure your brain works better for you:



EXERCISE MORE

Exercise boosts brain power. If you want to improve your thinking skills, get moving. This stimulates blood flow to the brain, bringing it glucose for energy and oxygen to soak up any toxic electrons that are left over.



MAXIMISE SLEEP

When you sleep, your brain is not resting. In fact, it is highly active, replaying what you experienced that day and helping you commit it to memory. Your brain is also taking the time to figure out the solutions to your problems.



TRY TO CONTROL STRESS

Our brains stop performing as well under stress. Prolonged stress leads to feelings of helplessness as your brain and body fail to cope with the adrenaline and cortisol released by your inbuilt defence system.



REPEAT TO REMEMBER

If you want to improve your chances of remembering, reproduce the environment where something happened. And repeat, repeat, repeat. Information will disappear if you only look at or practice it once.

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The brain acts like a muscle: The more activity you do, the larger and more complex it can become.”

THREE ACTION STEPS:

1

REST + EXERCISE

Your brain performs at its peak when you have had enough sleep and you exercise regularly.

2

STIMULATE YOUR SENSES

A multi-sensory approach helps stimulate learning, as does an emotional ‘hook’. Use images, video and stories to make it easier to form lasting memories.

3

REMEMBER, EVERYONE IS DIFFERENT

No two brains are the same and everyone has their own set of talents. School doesn’t always accommodate this but it is important to be aware of it all the same.

YOUR BRAIN IS FASCINATING AND EVER-CHANGING.

While everybody has natural talents, there are ways to strengthen learning and cognition.

