

I Resolve...to Help My Brain!

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It's that time of year again.

Guilt-ridden from overindulgence during the holidays, we're eager to make New Year's resolutions. The most common resolution everyone seems to make is to get in better physical shape.

But what about your brain? Doesn't *it* deserve a resolution or two? After all, your brain works 24 hours a day, 7 days a week, and 365 days a year.

So...here are my *10 New Year's Resolutions for Pumping up your Brain*:

1. Learn to breathe. Breathing is one of the single most important things you do. It feeds your brain and body with oxygen. Learn how to do it right.
2. Eat right. Remember the food you eat feeds your brain. Make sure that you don't feed it chemicals, preservatives or empty calories.
3. Exercise your body. Research has shown that physical activity truly helps keep your brain fit as well. Couch potatoes tend to lose their mental faculties earlier than gym rats!
4. Learn more about your brain. Learn what makes your brain tick.
5. Learn more about your body. Make an appointment to check for allergies, nutritional issues, and any other problems that might get in the way of reaching your goals.
6. Take on a new mental challenge. Learn a language, play a new game—just make sure that it's a new experience. Playing the same game over and over doesn't challenge the brain. Your brain thrives on novelty. (In fact, novel and challenging activity helps your brain to create new brain cells and connections—and makes you smarter!)
7. Rewrite your goals everyday and visualize yourself in a better state: your body and life will follow. Old habits and old thinking won't help you with new resolutions.
8. Change your environment to help you with your goals. Throw out all the fudge left over from the holidays and make it easier to make healthy choices.
9. Find a good neurotherapy center to help you tune up the brain you have. It might be the best investment you can make in yourself.
10. Be kind to yourself.