

5 Fun Ways to Keep Your Brain at Peak Performance



With so many articles touting ways to boost your brain performance, keeping your brain at peak performance starts to sound a lot like work. The trick is to keep things fun, so you don't lose momentum and can easily build your brain health into part of your daily routine.

Where should you begin?

Do Things with Your Opposite Hand

If you've ever had your dominant arm in a sling, then you know how complicated life can be when it comes to doing even the most basic of things. Opening a door or brushing your teeth becomes an entirely new adventure. Your brain thinks of it that way as well. By doing something different, you are forming new neural connections in your brain and stimulating areas you don't usually use while doing the mundane.

Create Variations

You can probably move through your house blindfolded. While that's great when you're up in the middle of the night and don't want to turn on the light, it doesn't challenge your brain much if everything is on automatic mode. Moving around the furniture in a room, changing the order of things in your kitchen cupboards, or even setting random objects upside down or sideways will all compel your brain to work a little harder.

Trying Showering Blind

While a little caution might be prudent, so you don't slip and hurt yourself, showering with your eyes closed is an entirely new sensation well worth trying. **By using different senses to usual**, you stimulate new parts of your brain that you may have neglected for a while.

Change the Order of Things

Doing your daily routine doesn't add many stimulations to your brain cortex. Get things moving again by switching the order of things. Instead of brushing your teeth first and then showering, how about showering first and then brushing your teeth? Make little changes in your daily routine throughout the day to keep things interesting.

Open a Window

The hippocampus needs smell and sounds to be activated. The problem is, our environment gets so well-protected from outside influences that typically there isn't a lot there to stimulate things. By opening a window in your office or a car, you'll hear things you don't usually and expose yourself to new odors. These are the building blocks of memory, so don't be surprised if you find yourself remembering things you haven't in a while when you do so.

By doing little things, you push your brain to work. Peak performance comes from repeating these exercises daily. Make these small things a habit for the best benefit and find out just how much more your brain is capable of achieving.