

Simple Strategies for Brain Health

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Abstract

The brain is a major organ in human body that is made up of a large nervous system of nerve tissues which process the sensory information and controls the thoughts, memory and speech. The brain also governs the movement of the limbs and the function of many other organs within the body. The brain is very highly sensitive organ which can harm easily. Any bad news, unexpected shocks and daily pressures can affect the brain functions. However, the servers kind of negative aforementioned stresses can cause the brain waves or vibrations and even any low level of stresses can induce the brain unwanted waves afterwards. In this regards, stress management would account for a good strategy to improve the brain health. Avoiding of being in stressful environments and performing some gentle exercise like walking and listening to the music can be very beneficial approaches to protect the brain and its functionality in time.

Keywords: Brain Pressures; Brain Wave; Brain Health

Introduction

One of the most important organ in human body is the brain. The brain is the center of nervous system that is made up of nerves tissue to process sensory information and to coordinate the bodily functions by both conscious and unconscious levels [1].

In human body, the brain is the most sensitive organ body that is very vulnerable to pain that causes by highly unpleasant sensations and illness or injury. Generally, the brain is exposed to the possibility of being harmed to the negative senses such as stresses and social burdens which can lead to widespread damages to the brain areas [2].

The stresses from social life normally induce from the competitive senses between individuals [3]. Typically, the solid evidence shows that sense of strain of this stresses competitions from society can impact the brain functional health. There is possibility that social distresses from undesirable social interactions induce unwanted brain waves in brain which cause the brain vibrations or unwanted brain moves that possibly can impact the brain operations [4] (Figure 1).

Figure 1: The induced brain waves (i.e. from the hackers).

In this condition, stress management and prevention with being physically away from stressful situations can drastically account for a helpful strategy [5]. Although, if this could not possible in certain conditions like any workplaces, listening to the desirable sound of music can notably be one another useful technique to protect the brain health [6]. Performing regular exercise or regular daily walking can enhance the resistance to the distresses and negative feedbacks that one's could encounter. Essentially, training the brain to thrive, is very good way to cope with social stresses and to succeed [7,8].

Conclusion

The brain is extremely an important parts which produces the thoughts, feelings and any functions in human body. Further, the brain is very highly sensitive organ which can be influenced by any undesirable feedbacks. With regards to this, the approaches to protect the brain health are essential tasks. For instance, avoiding of interactions from individuals who usually deliver negative feedbacks or stresses can be really helpful agenda. Listening to the music can also help to maintain the brain healthy. Daily walking or performing some suitable exercises can strengthen the brain ability in stressful conditions. More importantly, the thrive approaches such as performing yoga and thinking positively are well-guided tactics to keep the brain powerful as well as healthy.

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