

Too frequent repetition of the same actions can harm your brain. This is confirmed by scientific research.

If you stop trying to form habits and hide on the same actions all the time, then improve your brain health.

One study, for example, showed that the variety of daily activities and a change in the nature of classes leads to an improvement in the overall brain. Scientists have found that people whose activities included seven common everyday classes (including paid work, communication with children, leisure, physical activity, volunteering) showed higher results in the field of cognitive and executive functions. In people with various activities, episodic memory turned out to be better.



Getty images; Eatwell Collage

Scientific works also demonstrate that a variety of and balanced nutrition improves mental health and cognitive functions. Changing the diet leads to more active work of the rear

waist gyrus. This area of the brain is responsible for cognitive and behavioral processes.

Changing the usual daily routine, first of all, trains your brain. If a person tries something new and changes the usual lifestyle, he has a higher level of cognitive abilities throughout his life. New tasks also help maintain the brain in tone, increase neuroplasticity, that is, the ability of the brain to rebuild at the cellular level.

Finally, scientists during one study found that people, as a rule, become happier when they are distracted from everyday routine and explore new places, and get new impressions.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.