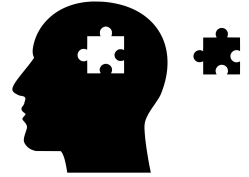
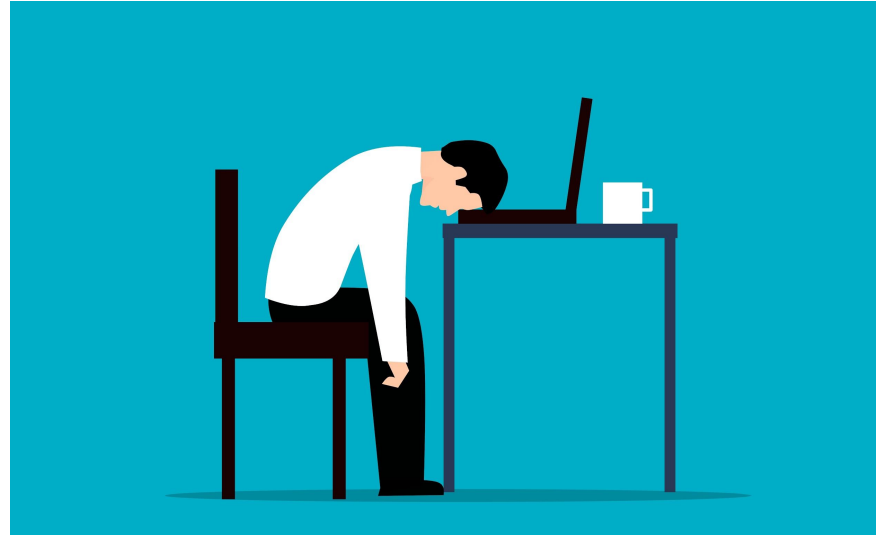


Well being :golden rules



4 ways to ensure your brain is working at the optimum level

- Sleep
- Diet (and water)
- Exercise
- Nature



Why does your brain need sleep?



**WHAT HAPPENS WHEN
YOU DON'T SLEEP**

Diet and Hydration

The human brain makes up 3% of the body's mass but uses around 20% of the body's energy. As sleep is an active process this percentage doesn't drop much during the night. This is why eating the right amounts of the right sorts of foods is so critical for maximising our productivity, mood, learning, memory and attention every day. Fuel.

Drinking enough is crucial too, water helps digestion and the metabolising of our food as well as maintaining the right concentrations of key chemicals in our cells. Brains need a constant supply of glucose for the hard cognitive work of problem-solving. Refined sugar, sweets or energy drinks provide instant fuel which burns off very quickly and can leave us feeling listless and low. Food affects our moods. Our bodies and brains are complex chemical factories and our metabolisms are constantly affected by the chemicals we're digesting from our food.



Exercise

The new smoking?????



Exercise creates more of a hormone called brain-derived neurotrophic factor (BDNF).

At the level of the neurone it causes them to sprout more connections (dendrites). This increase in connections happens differentially in our pre-frontal cortex. the part of the brain that helps us manage and control goal-orientated behaviour and our impulses.

Exercise also increases blood flow to the brain and encourages the capillaries that feed neurones to grow.

Nature (get outside)

