

Journal of Health & Wellbeing

Monday 8th March 2023

USE IT OR LOSE IT

Just like it is with your every muscle in your body, your brain requires exercises too. When you cease to use a muscle, it wastes away and you can actually lose it. When you exercise a muscle regularly, it grows bigger and you lift heavier weights effortlessly. And so it is with your brain. When you use it more, it grows in its capabilities and you remember things with much more ease. When you cease using it, the brain wastes away, and that's the process of losing it.



One great way to exercise your brain is to habitually fill in a crossword, make a conscious effort to remember names of people you meet, acquiring new knowledge through reading and listening, leaning new sporting or hobby skills.

Another brain power booster is learning a new language. In fact, people who speak multiple languages have better cognitive control, memory, visual skills, and even creativity. You can also meet people from different places, helping you expand your cultural knowledge and worldview.

And so are mental exercises like mentally adding and multiplying simple figures instead of using a calculator.

So, with all these benefits, who would stick to just one language? Start by being proficient in your mother tongue if you are not already.