BRAIN POWER by MGelb/ K Howell

- Exercise
  - Brief, high intensity
  - Strength training/ calisthenics
  - Flexibility: yoga tai chi
    - Single-leg stand
    - BOSU ball
- Diet
  - Experience of dining: mindfulness
  - Water
  - Fruit, veg, garlic, nuts, spices, grains, TEA, red wine, dark chocolate, coffee
  - Less sugar and fats -> olive oil instead
  - Multi-vitamins, D, C, omega-3, CoQ10fiber
- Environment
  - Classical music: Mozart
  - Sunlight/ full-spectrum
  - Nature/ air
    - Walk
  - Stand barefoot
  - Beauty
    - Art
    - Flowers
      - Change it periodically
- Relationships
  - Our sociality is central to who we are
  - Take classes
  - Take the social initiative
  - Mentor
  - Surround yourself with ve people
  - Improve your listening skills
  - Pets
- Rest
  - Space "between the notes"
  - Sleep is critical
  - Rituals to relax
  - Regular schedule
  - 40 minute strategic nap
  - 5 min of meditation
    - Say "one"
  - Brain Sync
- Intro
  - Curiosity
  - Read biographies
  - Golden rule
- Lifelong Learner
  - Let go of fear of embarrassment
  - Cultivate curiosity - open playful
  - Seek new challenges - novelty
  - Stretch - raise the degree of difficulty
  - +ve attitude about memory
    - Mobilize your full attention - names esp.
    - Connect new info with something you know
    - Preferred learning style: visual, auditorykinesthetic
    - Memorize - take notes and then review
    - Teach
    - Mnemonics andMindmapping
  - Chess
  - Learn language
  - Upgrade vocabulary
    - Catch the students doing something right
    - Rosetta Stone
  - Juggle
- Counterclockwise
  - Attitude serves as a self-fulfilling prophecy
  - Optimism counts when you face difficulties Resilience in the face of adversity
  - Self-coaching strategy: temporary setback or challenge
  - I'm grateful for the opportunity to learn from this rejection
  - Become aware of your habitual internal dialogue
  - If you have a -ve thought pattern: redirect your attention to something pleasurable
  - Identify/ question thoughts that cause suffering and turn them around
    - Is it true?
    - Absolutely know it's true?
    - How do you react?
    - Who would you be without that thought?
  - Gratitude, forgiveness and humour
    - Gratitude journal
    - To err is human, to forgive divine (A Pope)
      - Forgive for your own benefit = self-made priso
      - Genuinely wish the best for others
    - Laughter has an analgesic effect
  - Language is powerful
    - reinforce or transform ve attitudes/ stereotypes (esp. aging)
    - be wary of commiseration