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# Why Your Brain Needs More Downtime Scientific American

**multitasking: why your brain can't do it and what you ...** - multitasking: why your brain can't do it and what you should do about it. earl k. miller. the picower institute for learning and memory and . department of brain and cognitive sciences, **why your brain loves good storytelling - cavill + co** - finally, don't forget that your organization has its own story - its founding myth. an effective way to communicate transcendent purpose is by sharing that tale. what passion led the founder(s) to risk health and wealth to start the enterprise? why was it so important, and what barriers had to be overcome? **how trauma impacts the brain - rachel's vineyard** - how trauma impacts the brain talking points from seminar for rachel's vineyard ministries theresa burke, ph.d. rachelsvineyard trauma disrupts the stress-hormone system. it plays havoc with the entire nervous system, which prevents people from processing and integrating traumatic memories into conscious mental frameworks. **reflexes and brain - sinoe medical association** - brain. 3. blinking to protect your eyes from danger is a reflex. 4. 31 pairs of spinal nerves originate in the spinal cord and branch out to both sides of the body. carrying messages to and from the spinal cord. 5. sensory neurons carry impulses from receptors to the spinal cord. 6. motor neurons carry impulses from the spinal cord to the ... **why is drinking water important? - commonhealth** - why is drinking water important? by written by james mcintosh and natalie butler, rd, Id most people take drinking water for granted, but keeping hydrated has a huge impact on overall health. despite how crucial water is, a significant number of people fail to consume recommended levels of fluids each day. around 70 **why your brain loves video games, and the implications for ...** - session 301 - why your brain loves video games, and the implications for page 18 e-learning - julie dirksen, rmc project management cycles of expertise • principle: expertise is formed in any area by repeated cycles of learners practicing skills until they are nearly automatic, then having those **your brain is like a muscle: use it and make it strong** - grow up, because your brain has the amazing ability . to change, adapt, and get stronger - especially when you are a kid, but also as you get older. many things can influence how your brain grows and changes. your environment, like your home, your school, and the things you choose to do, can shape how these important parts of your brain ... **mistakes "grow" your brain** - mistakes "grow" your brain by jo boaler stanford professor of mathematics education, co-founder of youcubed, author of: mathematical mindsets psychologist jason moser studied the neural mechanisms that operate in people's brains when they make mistakes (moser et al., 2011). moser and his group found something fascinating. when **stress and your shrinking brain - occidental college** - stress and your shrinking brain by robert m. sapolsky war, rape, sexual abuse, and other severe trauma -- even a car accident -- could make part of your brain disappear. every now and then, someone with a medical problem needs a ct scan or mri of the brain. with luck, the test **training your brain to adopt healthful habits: mastering ...** - training your brain to adopt healthful habits: mastering the five brain challenges an 18-hour home study program for health professionals | 280-page book challenge 1: how to value what makes us healthy how your brain weighs health-related decisions • calculating the value of an opportunity • dopamine neurons and reward expectations **lesson 1.1.2-article: you can grow your brain** - lesson 1.1.2-article: you can grow your brain when you learn new things, you actually grow more of these tiny connections and they get stronger. the more you challenge your mind to learn, the more your brain cells grow. then, things that you once found very hard or even impossible to do—like understanding history, doing algebra, **8 warning signs your brain is in trouble - beacon house** - 8 warning signs your brain is in trouble 1. poor memory: one of the most important questions in diagnosing early dementia is whether or not your memory has deteriorated in the past 10 years. if your memory is worse than it was 10 years ago you need to be concerned. with the aging population, alzheimer's disease is **why the modern world is bad for your brain | science | the ...** - why the modern world is bad for your brain in an era of email, text messages, facebook and twitter, we're all required to do several things at once. but this constant multitasking is taking its toll. here neuroscientist daniel j levitin explains how our addiction to technology is making us less efficient daniel j levitin **meet your happy chemicals - psychology today** - take on a new challenge. take small steps toward it every day without fail for 45 days. your brain will learn to stimulate dopamine in a new way. **k-12 educator's guide - franklin institute** - during your visit, students will: • discover foundational brain science concepts. • interact with devices and displays that are designed to change their brains as they learn. after your visit, students will: • think about how the human brain makes sense of the world. • understand that science still have much to discover about how the human brain works.

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