

Mind Power : How to Improve Mind Power?

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There are many way to improve mind power. Some of the methods are effective and yet simple. You can easily use these tools in order to produce great impact on your mind.

Here are some simple tips to improve your mind power:

A) Crossword

A crossword a day is a great method to improve mind power. This can also keep age related decline miles away. According to a study, it has been proved that crosswords or any sort of mind puzzle or game can keep the cognitive abilities intact. These can even enhance these well in the coming years.

The best part is that it does not require a lot of time and you can easily do these exercises anywhere you want. Try to take out some time while move in the bus, train, watching TV commercials. Try to solve crossword puzzles at least more than a few times in a week. This exercise is just as important as regular exercises for your body.

B) Memory training

This technique is very important. It enhances problem solving skills of an individual. It actually works towards enhancing fluid intelligence that has the capacity to solve problems.

C) Music

By choosing a particular music to listen to, you can enhance your mind power. Experts feel that there is a good association between people who like complex music such as Jazz or classic and the increase in brain's ability to undertake complex processes such as logic problems, math etc. Music that has been composed in a complex structure can work upon different areas of the brain.

D) Memorization

Try memorizing your favorite poem. Also any new vocabulary word that you happen to come across while reading a book. This works towards strengthening pathways inside the brain and then makes them effective. Remember that mind power increases when it recalls.

E) Learning new skills

Keep your mind at work via learning something new at regular intervals. If there is something that you always wanted to learn, go for it. It can be anything from painting, swimming, art, craft or a sport. The key is to keep your mind activated for a long time.

F) Proper diet

Eating right is very important. Try to eat healthy. You should include a lot of fruits and vegetables in your diet and keep the fat away.

G) Supplements

If you are not getting enough nutrients on a daily basis, you can go for food supplements. Supplements are capable of enhancing your nutrients intake specialty.

H) Exercises

There are several exercises available for brain in order to increase its power or memory. Try doing Aerobics, swimming, dancing and jogging.

There are several other ways to enhance your memory. These include the following:

- a) Sleep well
- b) Develop a healthy immune system
- c) Healthy weight control

If you are serious about enhancing your memory power, then you must look forward to following all the tips mentioned above.

Source:

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