

MIND GAMES

MIND GAMES are activities that are fun but challenge your brain. Games that make you think, strategize, and remember information are all games that will help train your mind. In fact, many of these basic characteristics are what you find in many of the games you already play.

The purpose of these games is to improve your memory, thinking, reaction time, and cognitive ability. These games are especially important later in life to keep these factors strong. While it may seem hard to believe, by simply playing certain games you can help avoid degeneration and MEMORY loss by continuing to work your brain and keep it sharp. Mind games are usually simple in design but have a big impact. These games are built to work your brain to keep it sharp and alert.





NOW LET'S TEST YOUR COMMON SENSE!

HERE WE GO..., LISTEN TO THE QUESTION CAREFULLY.....



- YOU ARE DRIVING A BUS WITH 10 PEOPLE ON IT. AT FIRST STOP 4 PEOPLE GET OFF AND 2 PEOPLE GET ON. AT THE NEXT STOP 3 PEOPLE GET OFF AND 5 PEOPLE GET ON AND THE LAST STOP 6 PEOPLE GET OFF AND ONLY ONE GETS ON. HOW OLD IS THE BUS DRIVER ???

ANSWER - LOOK AT THE QUESTION CAREFULLY! YOU ARE DRIVING THE BUS!



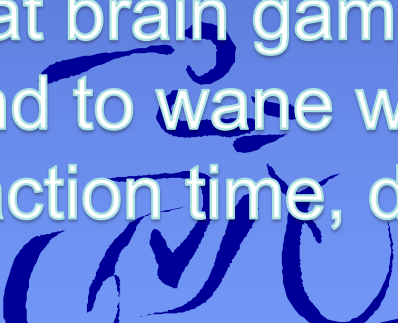
When you present your brain with a problem your brain is naturally wired to use mental shortcuts to save time and energy. These shortcuts allow your brain to answer quickly and with confidence. The problem is that answering based on past experience, using what we call common sense, release open the possibility that you are incorrect. Especially when you're information is not upto date.





BRAIN GAMES are defined as any activity that stimulates your thinking. that includes word puzzles like crosswords and scrabble, but also traditional games like chess sudoku, and brigade. it also includes creative outlets like painting, playing an instrument, or learning a language.

The more convincing the evidence is that brain games may help sharpening certain thinking skills that tend to wane with age, such as processing speed, planning skills, reaction time, decision making, and short term memory.



THANK YOU!

TAKE CARE OF YOUR BRAIN !

