

Surakiat Achamanupap, M.D., (2022, December), 10 ways to manage the human brain in daily life : Village Doctor Magazine (524) : 12-14

“The purpose of life is happiness and peace.” Most people are aware of the highest need in life. Which is caused by the complete functioning of the frontal lobe or "human brain" is learning to live in order to live a meaningful life. And learn to survive and be safe and should keep exercising the brain by doing the following:

1. **Exercise** with mindfulness management by using mindfulness to be aware of the rhythm of the movement.

2. **Get enough sleep**, about 7-9 hours a night, avoid sleep deprivation and stressful emotions. together for a long time because it has no negative effects on the body, brain and mind

3. **Consume healthy food** by reducing sweet, oily, salty, turning to eat fish, eating more vegetables and fruits. and to avoid avoiding the consumption of alcohol, tobacco, and addictive substances

4. **Keep learning new things** by reading, listening, researching, finding new experiences, practicing thinking. Regular thoughts, such as problem-solving exercises

5. **Practice meditation**, such as practicing Anapanasati, praying for the monks to walk and meditate, pray at least 1-2 times a day. for 5-30 minutes at a time to help calm the mind

6. **Cultivate mindfulness - being aware of postures and activities** such as being aware of sitting, lying, standing, and walking. Awakening to the present moment every moment

7. **Practice using your breath as a bell of mindfulness.** By following the breath in and out only 1-3 cycles, do it often until it becomes Habits, including cognizance and control of emotions.

8. **Practice resting your mind and brain periodically** each day, for example, stop using your thoughts. By turning to appreciate nature or Art for 2-3 minutes at a time. Resting the mind and brain helps to have energy to work without fatigue.

9. **Growing wisdom from observing the nature of things** that occur due to many factors that change all the time You shouldn't rely on it for anything.

10. **Practice good thinking-speaking-doing good** habits, for example, always doing volunteer work, practicing listening to others, knowing how to appreciate and encourage yourself. and people around elephants

