

Editorial team. (2023, June), EASY TRICKS, work according to the rhythm of your body's clock, prosperous work, increased health: Cheewajit : 6

For working people Planning your daily work is important. In addition to knowing the order of importance, If you can plan your work in accordance with the rhythm of your body's clock. It will make your work prosper and your health soar.

Life science book by Dr. Stuart Farrimond, WeLearn Publishing House. Introducing interesting information about the rhythm of the body's clock:

6:00 a.m. The "thinking" area of the brain is still drowsy. or not being alert in the early morning So don't just jump in and do difficult and challenging work. Because an error may occur. or work is not 100% effective

10:00 a.m. The brain starts revving up and is ready to go. Therefore, it is an appropriate time to organize and plan challenging work that requires depth or intelligent planning.

2:30 p.m. is a time when muscles are more alert. Therefore, if there is work that requires strength or physical power It is the most appropriate period.

7:30 p.m. is the time when the brain begins to relax. Therefore, the brain should not be forced to work continuously. But you should rest to allow your brain to process information automatically.

10:00 p.m.: High adenosine levels in the brain. As a result, you feel like your brain is tired. and think slowly That is why we should rest and go to sleep.

Try to apply it as much as your work opportunities allow.



Wanderlust. (2023, August), see flowers and pay homage to the relics : Advanced Business Magazine No.392 : 34-35

Mae Fah Luang Garden or Doi Tung Park It is a popular tourist attraction in Chiang Rai Province. There are many types of beautiful flowers here. It is beautifully decorated with many flower and plant plots. They rotate and bloom beautifully. You will find beautiful gardens throughout the year. Mae Fah Luang Garden is located in front of Doi Tung Royal Palace. It has an area of approximately 10 rai. Walk up the mountain a short distance and you will find another beautiful garden. In front of the Royal Palace In addition to having beautiful flowers to cheer each other up, another place that cannot be missed is Phra That Doi Tung. This pagoda contains the relics of the Lord Buddha. This place was built more than 2,000 years ago. and has been restored over many eras.



The distance to go up to pay homage to the relics of the Lord Buddha is about 17 kilometers, although the way up to the top of the mountain It's comfortable but you have to drive carefully. Arriving at the top of the mountain, we paid respects to the Buddha and made merit in remembrance of the Lord Buddha. It was considered a blessing in life.

