

3 apps for mental breaks and brain training

There are many different digital solutions to help train or recharge your brain. Below you will find three apps that you can explore.

You can download them in the App Store via the QR codes below.

Resilio

Stay calm and relaxed, and learn how to handle pressure appropriately. The app contains both exercises and explanations.



Headspace

Choose different guided mindfulness exercises and get help to improve your mood and sleep.



NeuroNation

Fitness for the brain. Scientifically proven brain training programme with more than 30 effective exercises.



Velliv, Pension & Livsforsikring A/S

Lautrupvang 10
2750 Ballerup

Phone: 70 33 99 99
kontakt@velliv.dk
CVR-nr. 24260577

www.velliv.dk

Pension and health go hand-in-hand

It's important for your security that your pension savings match the way you live your life and your wishes for the future. And it's vital that your health isn't an obstacle to achieving your dreams either.

Our insurance coverage gives you security in the event of an accident or declining health. But as your pension company, we believe it is our duty to get ahead of such problems by promoting health, wellbeing and a good life.

Read more at [Velliv.dk/sundhed](https://velliv.dk/sundhed)

Velliv app

Remember you can always get a simple overview of your pension in Velliv's app. You can download the app from the App Store or Google Play.



Recharge your brain

– mental breaks during the working day

Recharge your brain

The brain needs to be challenged. The brain is plastic and changeable, which offers some fantastic opportunities for improving exactly the areas you would like – whether it's getting better at concentrating, focusing, remembering names, managing conflicts, being present or getting an overview of things.

Like the rest of the body, to function optimally the brain benefits from exercise, recovery and a healthy lifestyle. Plus, you prevent stress and mental burnout by giving your brain little breaks and by challenging it throughout life.

Good at remembering names? 5 tips to be better at it

1. Concentrate on listening to the name.
2. Repeat the name to make sure you have heard it correctly.
3. Think about whether you know someone with the same name or if there's something that the name reminds you of.
4. Feel free to use the name during the conversation.
5. Last but not least: Ask the person again if you forget their name.

Source: Modified from Hjernesagen.dk

Say the colour

Here's a fun exercise that makes the brain sharper. Time how fast you can say the colour in which the words are written – not what they say. Repeat until you have said them all correctly, and can do it quickly.

GREEN	BLUE	RED	RED	BLUE	RED
BLUE	YELLOW	BLUE	GREEN	YELLOW	GREEN
RED	YELLOW	RED	GREEN	YELLOW	YELLOW
GREEN	BLUE	YELLOW	BLUE	BLUE	RED
BLUE	GREEN	BLUE	RED	RED	BLUE
RED	BLUE	YELLOW	BLUE	GREEN	YELLOW

Source: Knivskarp [Razor sharp] by Troels Wesenberg Kjær et. al.

Understand your brain

The brain is the most complex organ we have. The brain controls our nervous systems and so our entire body.

It's natural to experience periods of fluctuations and extra pressure, but there needs to be a fair balance between the two nervous systems.

→ **The sympathetic nervous system** is the body's fight-or-flight system, which ensures that you can mobilise a lot of energy when you face a challenge or are in danger. The sympathetic nervous system is active when you are stressed.

Research shows that an overactive sympathetic nervous system – such as in the case of chronic stress – breaks down the brain's memory centre, called the hippocampus. Perhaps you find it difficult to remember things when you're stressed? Therefore, it's important to activate the parasympathetic nervous system so that your brain has the opportunity to recover and recharge.

→ **The parasympathetic system** ensures that the body stops secreting adrenaline and noradrenaline, so that it can relax and rebuild after a "fight-or-flight" situation – for example, after a difficult working day or a football match.

Tips for mental breaks

Shortcuts to your parasympathetic nervous system:

Breathing: Take 10 deep, calm breaths to activate the parasympathetic nervous system.

Stretching: Stand up and lean backwards so that you stretch your back and chest. It has a relaxing effect and increases the blood supply to your brain.

Movement: By moving even just a little – walking, standing or doing little exercises, you activate your parasympathetic nervous system.

Nature: Look at something green or blue – such as plants or the sky (even through the window) – it calms the brain and activates your parasympathetic nervous system.



Agree with your colleague, for example, to do stretching or breathing exercises before lunch or to hold ongoing status meetings outside. Find the activities that suit you and help each other to stick to your agreement.