

Velliv

# Recharge your brain

– mental breaks during the working day



### Smile yourself happy

When you smile or laugh, your brain releases endorphins, which make you happy – even if it's a “fake” smile. So, you can trick your brain into helping you improve your mood.

### Stand on one leg at the water cooler

Balance training strengthens the cooperation between your brain and muscles.

### Green energy for your brain

Take a walk or look out the window at something green or at the sky for a minute. Nature causes the number of stress hormones to reduce and activates your parasympathetic nervous system, which rebuilds your brain.

### Stretch your brain

Get up and lean backwards so that you're stretching your back and chest. It has a relaxing effect and increases the blood supply to your brain.

# Recharge your brain

### How are you?

Drop the standard phrase “how are you?” and instead ask your colleague what project they are working on. Try to understand what it's about. As we increase our understanding of other areas, we form new connections and new nerve cell networks in the brain and generally increase our brain's knowledge database.

### Change how you usually do something

Swap your cutlery around, walk backwards or brush your teeth with the “wrong” hand. By disrupting our automated actions, new areas of the brain are activated, which train the brain.

### Turn off notifications on your phone

Fewer disturbances increase concentration.

### Prepare your brain

Close your eyes and be quiet for one minute. Breathe deeply and calmly. It helps to focus and get your thoughts under control.

### Drop the GPS

Take an alternative route home from work. By breaking a pattern and adding new routes and locations to your mental map, you train your orienteering skills.

## 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.