CONEMAUGH HEALTH SYSTEM

10 Fun Facts & Tips About the Brain

Fun Fact #1

Exercise – boosts brain power
"It's time to integrate exercise into our 8 hours at work or school!"

Fun Fact #2

Survival – The human brain evolved, too.
"The strongest brains survive, not the strongest bodies"

Fun Fact #3

Stress – Stressed brains don't learn the same way
"Your brain is built to deal with stress that last about 30 seconds."

Fun Fact #4

Sleep – sleep well, think well
"We still don't know how much we need."

Fun Fact #5

Long-term memory – Remember to repeat
"Forgetting allows us to prioritize events."

Fun Fact #6

Short-term memory – Repeat to remember
"The human brain can only hold about seven pieces of information for less than 30 seconds."

Fun Fact #7

Attention – The brain is not capable of multi-tasking
"Driving while talking on a cell phone is like driving drunk."

Fun Fact #8

Wiring – Every brain is wired differently
"No two people have the same brain, not even twins"

Fun Fact #9

Vision – trumps all other senses
"Pictures beat text as well in part because reading is so inefficient for us."

Fun Fact #10

Exploration – we are powerful and natural explorers
"The desire to explore never leaves us despite the classrooms and cubicles we are stuffed into."

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EXCELLENCE. EVERY PATIENT. EVERY TIME.