

### Introduction

Tips and activities to improve your mental processes  
We can train our cognitive processes at any stage in our lives, regardless of age. Here are some tips on how to train and take care of your cognitive processes.

Source: <https://blog.cognifit.com/cognitive-processes/>

### 1. Take care of your health

Our physical and mental health is inseparable from our cognitive processes. There are various bad habits that harm our minds and worsen our performance in different areas of our lives. For example, being on our cell phone before going to bed, underestimating ourselves, neglecting our social relationships or not eating properly can affect our mental processes.

### 2. Benefit from technology

Today there are different activities one can do to train our brains in a fun and simple way. CogniFit personalized brain training evaluates and stimulates cognitive processes. This is done through fun games and activities that can strengthen and rehabilitate cognitive processes such as memory, planning, visual scanning, and shifting. Its activities adapt to children and adults alike and you can compare your results with people all around the world.

### 3. Reflect on your progress

Self-appraisals are important since they show us our progress and where we might need to make more efforts to continue advancing. It's essential that we believe in ourselves and our ability to strengthen our cognitive processes. It's a matter of practicing and self-confidence.

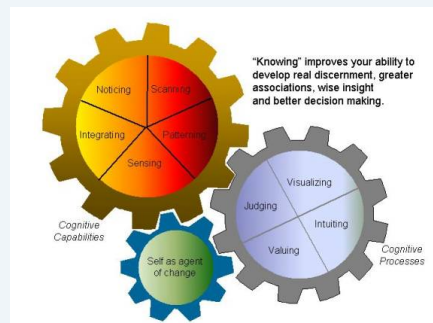
### 4. Develop Critical Thinking

Try to ask yourself questions and look for different arguments. This allows for critical thinking to develop, and in turn increases our reasoning, creativity, and language. Curiosity is essential in order to develop our full potential. Critical thinking can be developed from childhood, by asking children to explain, reason and debate their decisions and actions. You can also put these into practice!

### 5. Read

Reading implies lots of cognitive processes as we explained above. Other than producing great satisfaction and knowledge, reading is also a way to learn to focus and work on our communication skills.

### Improve Your Mind



### 6. Dedicate time to creative activities

Painting, writing short stories, composing songs, dancing, performing... It doesn't matter the activity you choose, the important thing is that creativity is being used. Creativity is all about practice and perseverance, so go out and try something new! Creativity allows us to develop our intelligence, concentration, problem-solving, sustained attention and ability to destress and relax. Creativity is all about practice and perseverance, so go out and try something new!

### 7. Avoid multitasking

It's quite common that our obligations are many and we don't know how to get all of them done. It's normal that we try to multitask so we can finish everything quicker. However, this can be counterproductive since our attention is not centered on one activity. For example, if you are watching a movie while you are answering an email, writing a paper and cooking it is very probable that one of those things will turn out wrong. It's preferable to center your attention in the present in order to enjoy each activity to the fullest and be more efficient. This can also help in overcoming procrastination since it centers your attention to one activity making it easier to focus and not get distracted..

### 8. Let your children solve their own difficulties.

We need to support our children, however, it's also very important that they don't get used to us solving all their difficulties. Solving problems is a way to strengthen cognitive processes, therefore, starting at a young age is important. Giving clues is a perfect way to encourage children to think outside the box.

