

Life style Medicine to improve Physical and Psychological well-being

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Abstract: *The brain does not work in a fixed state and it has no fixed memory or intelligence that is present from birth. It is in a constant state of fluctuation. The positives and negatives can be clearly determined regarding a situation with increased insight when our mind is at peace. One of the probable reasons for the increase in cognitive disorders is extreme pressure, stress or shock. In this article, we bring about the effective and scientifically proven methodologies with which the physical and psychological well-being can be improved. This not only brings about betterment within ourselves but also directs our personal and professional life towards achieving the goals as per our wishes.*

Keywords: *Exercising the Brain Cells, Neuroplasticity, Music, Improving motor skill, Positive Thoughts*

INTRODUCTION

The brain does not work in a fixed state and it has no fixed memory or intelligence that is present from birth. It is in a constant state of fluctuation. The ability of the brain to increase the performance can be accelerated in varied methodologies. In order to make our brains work sharper we have to take on those methodologies which include solving puzzles, crosswords, quizzes or any of the mind games which gives us rejuvenation. The decisions we take in life are also positively affected if we take care of our mental health.

EXERCISING THE BRAIN CELLS:

Every day, time should be allotted for meditation that can help us overcome the anxiety problems within us. The positives and negatives can be clearly determined regarding a situation with increased insight when our mind is at peace. This calm mind will reflect in all our day to day activities. Mental health will improve to a greater extent on performing meditation in a regular basis.

Music is a platform whereby it serves as a medium for improving our mental health and the abilities with which our brain functions. Music serves as a soothing remedy that causes neuronal excitation relieving us from depression. A thought with a perfect clarity can be obtained through music. Playing an instrument of choice in addition to listening to music gives a better mental health. Taking up such activities will be an accelerating factor in the brain growth while it is implemented during the childhood and adolescent ages.

LEARNING A NEW LANGUAGE:

The incidence of cognitive disorders is on the rise as the lifetime expectancy of an individual has increased. One of

the probable reasons for the increase in such cognitive disorders is extreme pressure, stress or shock. There is a probability of restricting the brain cellular ageing when we are focusing on learning new languages as much as possible.

Performing mental mathematics:

The ability to solve mathematical problems is on the brink of extinction since the development of computers, calculators and mobile phones which has made our lives simpler. Working out such mathematical problems in our mind will help our brains to become sharper with a lot of precision. It is now concluded that such mathematics we used to solve in our minds were the tools towards a sharper brain.

Novel methodologies:

The number of neurons in the brain decides the mental health. When we think from a more different perspective and try to solve the solutions be in in mathematics or in any life time problems, it helps our brain to sprout more neurons. In this way, we can improve our solving capability and thus, building up creativity.

There is a good evidence to suggest that brain cells stimulation on a continual manner helps in leading us to a brain with improved functional capacity. Training the mind to work in various aspects will help in the formation of new neuronal tracts. This is known as neuroplasticity by which the brain changes and adapts when it undergoes continual stimulation.

MENTAL HEALTH IMPROVEMENT METHODS:

Learning music is a way through which brain can be stimulated in a positive manner. Hence learning instruments like piano, guitar, violin improves the mental health. There is convincing evidence suggesting that dementia can also be well delayed with such activities.

Depression/Stress reliever:

It is convincingly evident that at times of depression and stress, our serotonin level decreases. Music helps in the elevation of serotonin levels thereby tackling stress and depression effectively. Music helps to decrease the cortisol levels in our body thereby overcoming anxiety and stress. Music has a supplementation role during depression too.

Effects on Immune System:

Music is not just food for the soul but also the immune system. Adrenaline and cortisol play an important role in our immune system. When the stress hormones rise, weaker immune system develops. It is postulated that when a person listens to music, levels of immunoglobulin A rises which causes decrease in the cortisol levels.

Lowers Physical Pain:

Research suggests that listening to music helps increase pain tolerance. It has been found out that a decrease in the levels of serotonin is one of the reasons for pain sensation. When the music gives us a soothing effect, there is secretion of both serotonin and dopamine that gives a pain relieving effect. In addition to this, music also forms a distraction factor thus reducing the severity of pain.

Increases Self Esteem:

It is believed that music has a direct effect on our self-esteem. It can motivate us and boost our self-confidence. If we listen to a peppy song with inspiring lyrics it's sure to lift our mood and make us feel motivated.

2. Mental math for the brain:

The intelligent quotient is found to increase when the math calculations are done by mentation and it helps in achieving a sharper brain. Over the long term, doing math in our head has been proven to provide a more competitive thinking in all aspects.

3. Recalling events from the past:

The memory area of the brain undergoes stimulation when one tries and recalls the events from the past. This results in a very strong neural connection.

4. Language learning:

The process in which age related dementia slows down when a person tries to learn a new language. In case of learning new languages, the probabilities of affection by mental illnesses are reduced dramatically.

5. Exercising the body:

An exercise routine should be followed regularly to keep both the mind and body fresh. Both cardio and aerobic exercises should be taken up. Exercises also help improvising the circulatory capacity of the blood. A better lifestyle can be obtained through routine exercises in addition to being lean and fit.

6. Improving motor skill:

More delicate and creative activities such as puzzle solving, painting, carving, pottery making and many more

such doings will help in the improvement of coordination between hand and the eye. It helps in the betterment of fine and gross motor activities and gives us good mental health.

7. Improve cooking abilities:

Many senses inclusive of the sense of smell, the sense of taste and sight are all activated in combination thus causing brain stimulation in varied areas. As a result of stimulation of varied brain areas, extensive cerebration occurs.

Attitude and its impact on Health:

Good health is indeed the key to success. If you were of the idea that health is a biological factor that you are born with and that can be altered or rectified with the advice of a medical practitioner, you are extremely mistaken. To some extent, the quality of your health is in your hands.

Physical health goes hand in hand with your psychological health. As doctors say, a person might be facing some very serious disease, but being mentally strong can help him or her overcome difficulties. Your day-to-day attitude in life is also of great consequence; it decides your overall health when recorded for a year or more.

EFFECTS OF POSITIVE THOUGHTS ON A PERSON'S HEALTH:

Worry less: Fretting is the worst way of coping in life. Each and every individual has issues gnawing at their existence. Calm and a logical thinking will pave way for a better solution finding dealing with problems in a successful manner. The best way to deal with problems is to face them with a calm and logical mind. Being anxious over a certain occurrence doesn't help you get anywhere in life. People who worry less have a longer and healthier life.

Once you forgive, you naturally move on:

Holding on to grudges is an utterly depressing way to carry on with the course of life. Unless you forgive, you are stuck at one single point. This holds you back from achieving to the best of your abilities. Forgiveness doesn't let the other person win; it only helps you live without emotional baggage.

Learn to be resilient in times of stress:

Thinking yourself as weak is an easy way to let hurdles take control of you. You should be of a strong disposition. Whatever the situation is, a person should take it in stride and consider it as a passing phase.

Keep reminding yourself you will be back on your feet in no time at all.

Being mentally weak can lead to nervous breakdowns.

Creativity can help you sleep over remorse:

Fear, anger, hatred or remorse are emotions that bog you down. Every human being should try and channelize their energies into something useful. Thinking creatively is beneficial for oneself.

Never say 'impossible'!

Giving up on your dreams shows you in poor light. Treating a goal as impossible even before attempting to

attain it can be very bad for your health. It can result in chronic nervousness.

Healthier Mindset for sound relationship:

When there is a problem family that is quarrelling and continually involved with disagreeing fights then mental health of everyone is at stake. These kinds of disagreeable fights often cause a tension in the relationship affecting the normal healthy lifestyle. It is better to curtail such quarreling nature at the beginning so that the mental health is preserved.

Non-significant tiny quarrelling might be beneficial in maintaining a healthy relationship. If it crosses a set limit, then it might lead to severe consequences deranging the entire family bonding. This tension between relationships causes detachment emotionally.

CONCLUSION:

Between the partners, expectations must be kept low. In almost all the failed relationships, the reason for the failure is expecting a lot from the partner which leads to disappointment that in turn causes irritability and a strain in that relationship. Perspectives among the individuals vary and your better half might not share the same perspective as you do. Knowing this will pave way for a better and a stronger relationship.

Dealing with such issues and taking about them with the partners will help in bringing about a solution for any kind of problem. Each other's short comings must be dealt in a softer and subtle manner if they are pointing their faults. In this way there is a good possibility that the other person understands his or her mistake.

A preoccupied mindset is deleterious to our mental health. Such a mindset that is fixed can endanger your relationship and even put an end to it. In such a case, there is a sense of hopelessness that engulfs your mind and this might lead to down regulated growth in the relationship. Instead a growth directed approach gives us a new hope in the relationship which helps to sustain and grow.

The current situation should not be an extrapolation. If a difficult situation arises, the future need not be filled with the same difficulties. Having an open minded approach in dealing with the problems helps to accept and encourage the feelings of others and grow as individual in a bonding.

There is a triggering factor involved in any quarrelling. Such a trigger should be noted and dealt with every single time. In doing so, the partner would get insight regarding their faults and hence creating a better arena to deal with the problems.

Thus for a healthy relationship, both the elements of excitement and secrecy are needed. Fulfilling each other's desires and letting the partner know about the expectations will lead to a better understanding, keeping the relationship in good shape forever.

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