

My Personal Coach Trainer – Coach/Trainer – Samuel Sikapizye

Summary:

Try some of these ten ways to clearer thinking. Make one or two of them a habit, and you'll have more brainpower permanently.

Article Body:

Does your mind sometimes feel like a television station you can't quite tune in? You know there's an interesting program on - or several, but everything is mixed with static. What if you could "tune in" at will, have clear thinking whenever you want it? Try some of the following.

Ten Clear Thinking Techniques And Tips

1. Take a walk. Science will eventually prove this to be a great way to improve the quality of your thinking, but don't wait for the proof. Aren't there enough other reasons to take a walk anyhow?

2. Stay away from sugar. If you want to understand what brain fog is, eat a sugary donut on an empty stomach, then do math problems twenty minutes later. What you will experience, along with the "sugar blues," is brain fog. At least lay off sugar and simple carbohydrates when you need to think clearly.

3. Organized space means clear thinking. It's rare that a person can actually work better in clutter. Organized working space means you won't have the thought "where is that..." distracting your mind.

4. Get better sleep. Sleep requirements vary, but the minimum for most is somewhere around five hours. Some suffer if they sleep less than eight hours. The research, however, indicates that after a certain minimum quantity, the quality of sleep is more important to normal brain function.

5. Try meditating. (Meditation is simply going through the day and making the most of what you have. No time? Just close your eyes, relax. Think positive thoughts during meditation. Meditation is also call recollection.

6. Resolve your "mind irritations." Watch your busy brain. Maybe a call you need to make has been bothering you, just below consciousness. Find these stressors, and do something to let them go. For example, make that call, or put it on a list, and your mind will let go of it for now. Just seeing a problem and saying, "There's nothing I can do about this until Friday," will often stop unconscious worrying.

7. Don't drink alcohol. All the evidence says that it is bad for the health of your brain.

8. Make decisions quickly. Nothing gets in the way of clear thinking like a dozen decisions hanging around unmade. If nothing else, decide when you'll make the decision.

9. Get some fresh air. Go outside and breathe deeply through your nose. You'll get a good dose of oxygen to your brain, and the change of surroundings can help clear your mind.

10. Satisfy your physical needs. Clear thinking is easier if you aren't too hungry, thirsty, or hot.

You can think more clearly starting today. There are certainly more than ten ways, but you really only need to make a few of them a habit to have a more powerful brain. Why not try one or two right now?