***‘Getting to know Pastor Joe’ Columns No. 7***

**Sharing something interesting with you about the human brain.**

There's an author who wrote a comprehensive book on the human brain, and I think what he says could be really useful to you. He mentions that while it may seem like we know a lot about the human brain today, a lot of that is exaggerated, and we still know very little. The author wrote the book to summarize what is clearly understood so far.

Firstly, exercise has a significant impact on the brain. People who exercise regularly tend to have better cognitive abilities, long-term memory, reasoning skills, attention, problem-solving capabilities, and even crisis management skills for situations they’ve never encountered before. Regular exercise can also reduce the risk of diseases like Alzheimer's, dementia, and depression by about 60%.

What’s the right amount of exercise? It turns out you don’t need to do too much; excessive exercise can actually decrease cognitive abilities. The ideal amount is about 30 minutes of aerobic exercise in the morning and 30 minutes of strength training in the evening, three to four days a week for younger people. For older individuals, 30 minutes a day, three times a week is sufficient.

In my experience, finding the right exercise that fits your schedule and interests is crucial. It’s also important to find enjoyable activities. Some people rather stay indoors reading or playing video games. It's essential to go outside and find physical activities you enjoy.

Another interesting fact is about the relationship between the brain and sleep. The brain and sleep are inseparably connected; without sleep, everything starts to malfunction. Although it’s not easy to pinpoint exactly what the brain does while we sleep, it’s clear that it remains highly active. It seems that during sleep, the brain processes and organizes what we’ve learned and thought about during the day. So, if you memorize something and then sleep, you don’t forget it; instead, it becomes more organized. If you think deeply about a problem and then sleep, you often wake up with a solution. Don’t underestimate the power of sleep—it can produce better results when you’re busy or worried, letting God take over while you rest.

The author also mentions that fighting the drowsiness that comes in the early afternoon can decrease productivity. It’s better to take a 20-minute nap when you feel sleepy, even if it’s just leaning back in your chair. While it might be hard to find the time and place for a nap depending on your job or situation, using your lunch break to rest can make your afternoon much lighter.