

GEN 0104 Week 4 (Self - Development)

Activities Week 4

1. Read more information from <https://www.lifehack.org/articles/productivity/15-ways-grow-mentally-and-physically.html>
2. Check your personality from <https://www.16personalities.com/th>
3. Create a screen capture of the result page and sent to Teacher'e-mail.
boonthong.bo@ssru.ac.th

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15 Ways To Grow Mentally And Physically

Growing mentally and growing physically are two completely different things. Growing mentally refers to a person's psychological growth—the way we think and deal with different situations, and by what methods we develop and disseminate information. Growing up physically refers to a person's physical growth—like increased height, strength, and health. It can also refer to the development of your brain.

“The key to success is to keep growing in all areas of life—mental, emotional, spiritual, as well as physical.”

Julius Erving

A healthy body can help your mind stay strong. When your body isn't fit, it's tougher to make challenging decisions.

You can find plenty of books, websites, and articles that can give you suggestions to grow mentally and physically. These tips will help you to improve both simultaneously.

1) Enrich your mind.

Keep challenging yourself to learn new things. By doing this, you will gain more knowledge about things around you, and you will learn how to utilize things in a better way. Don't let yourself get stuck in one place, either mentally or physically. Be proactive, curious, conscious, and informed about the world.

2) Use your brain more often by doing brain exercises.

Exercising your brain means using it more. Generally, the brain takes part in everything we do, but there are some types of activities which can specifically exercise our brains. Activities like doing puzzles, playing games like Chess or Scrabble, solving numerical problems, studying difficult topics, and challenging your dexterity, spatial reasoning, and logic. Doing these mental exercises daily can sharpen your mind, and it can be an excellent way to strengthen neural links in your brain.

3) Consume nutrients that are good for the brain.

Take in nutrients which are good for your brain. Foods that have antioxidants like vitamin C, E, B, etc. are good for the brain. Consuming almonds and apple juice is also good for sharpening the brain.

4) Learn something you want to learn.

There is strong indication that education and learning yield positive changes in the brain. If you continue to learn and experiment, your brain continues to grow, whether it is knitting, baking, or computer programming, marketing, etc. Learn something you've always wanted to learn, but have never found the time for because of your daily concerns. Absorb a little information slowly each day.

5) Think critically.

When we hear, read, or work on something, it is very important that we question everything and pay attention to details. Such an approach can improve our thinking ability because it requires more brain work than mere observation.

6) Do physical exercises.

A healthy body means a healthy mind; regular exercise has a positive influence on our brain function. The brain takes in nutrients from the blood, and physical exercise increases blood flow to the brain, which makes the brain healthier. Physical exercise is essential for enhancing mental power.

7) Eat healthy foods.

Spend some time to examine which kinds of foods bring you up and which foods bring down. Creating a diet plan can make you feel good, and gives you a sense of self-development. This will boost your sense of success.

8) Get better sleep and take naps.

Get as much sleep as you need, around seven or eight hours, every night. While sleeping well does not guarantee good health, it does help you to maintain many vital functions. Perhaps most importantly, sleep helps you recover from the wear and tear of daily life. Major healing functions in the body such as tissue repair, muscle and mental growth occur almost exclusively during sleep.

9) Spend time with people.

Build a good support system with the people around you. Whether it's your family, friends, or something else, find a group of people who are willing to support you in any circumstances. This increases flexibility and helps to provide perspective in the midst of stress and discomfort.

10) Stay away from drugs and alcohol.

Using cigarettes, alcohol, and illegal drugs damages your mental and physical health. Decreasing mental and physical stability produces "false" emotions.

11) Find a good listener.

Find someone who is eager to listen to you, who you can talk to openly and freely. This can help you in relieving stress and anger and can heal you mentally, which ultimately has an impact on your physical health.

12) Laugh more.

Laughter is the best medicine for human health. Humor increases dopamine, and it improves memory and health.

13) Get rid of bad habits that hurt your confidence.

If you have a habit of smoking too much, drinking alcohol too much, spending too much time online, or a different habit that's hurting your confidence, take steps to eradicate them. Study books, watch good films, play games, watch dances, and listen to songs; do the things that make you feel relaxed. Many studies suggest that watching TV and using a computer late at night is bad for your health.

14) Start your day by thinking about one good thing you can do.

Generally, it's just a matter of deciding to do something good. Develop the habit of finding a good deed to do each day. Set aims and goals and follow through with them to attain them. By setting goals and gradually working to attain them, you will grow mentally.

15) End your day by writing down great things you have done.

At the end of each day, write down five things for which you are thankful. It looks simple, but it's a game changer. Finishing your day on a good note will confirm that you look back on it with a sense of achievement and contentment, making it easier for you to get up and go to work the next morning

2. Check your personality from <https://www.16personalities.com/th>

Take our Personality Test and get a “freakishly accurate” description of who you are and why you do things the way you do.

3.

Take the Test

3. Create a screen capture of the result page (your personality in English) and sent to Teacher's e-mail. (boonthong.bo@ssru.ac.th)