

THE STAR 21/2/19

Boost your brain power

FEELING a bit sluggish? Get your mind going with these tips.

Play video games

Some people might think that zapping alien space ships that pop out from behind asteroids is goofing off, but studies show that such action games help spur better hand-eye coordination and visuomotor skills.

If you have a more complex game, it can help boost your decision-making skills too.

Learn a language

When we speak, the words we use and the sentences we create reflect our culture, the way we do things.

By learning a different lan-

guage, you have a chance to look at the world in a different way.

For example, the French say *vingt*, *trente* and *quarante*, being 20, 30 and 40, but they don't have a word for 80. Instead, they say *quatre-vingts*, literally four-20s.

Go somewhere new

Staying in your comfort zone can act as a straitjacket. Get out and absorb new opinions and ways of doing things.

You may not always agree or find it comfortable, but by challenging yourself, you stretch your mind.

It may also help you think of newer, better or different ways of tackling recurring obstacles in your life.