

Your Points to Ponder

Add Exercise for Your Brain - P2P Quick Communicate #20

**"Few minds wear out; more rust out"
-Christian Nestell Bovee**

How often do you exercise your brain? You may say you do it every day -- after all, you think, analyze, ponder, assess, and imagine each and every day.

I may respectfully disagree with you and let me ask you when is the last time that you:

- Painted, sculpted, played an instrument ... that you don't normally do?
- Moved items that are typically on your left side to your right, and worked with them on the 'opposite' side?
- Wrote with your opposite hand? And wrote more than your name to give an added challenge?
- Did a puzzle that you normally don't ... Sudoku, crossword, anagram, logic?
- Learned words in a new language, or to a new song or poem?
- Built a model airplane, or create something out of Lego's or PlayDoh?

These activities will engage either the right or the left side of your brain muscle and keep your thinking sharp and creative. An added benefit is releasing the 'other' side of your brain, giving it an opportunity to rest. Remember [Effective Ways of Dealing with Overwhelm?](#)

As with all new workout regimes, it may feel awkward or uncomfortable, and you may get frustrated and be tempted to quit. Don't take yourself so seriously and keep at it ... you might be amazed at your progress!

© 2009 All rights reserved.

Shari is the only speaker and consultant that combines communication styles, personality behaviors, emotional intelligence and your mind. She works with executives and teams to resolve conflicts and build a more cohesive group. If your team is not "playing nice in the company sandbox", give Shari a call!

[Contact Shari](#), 281.992.4136, to speak to your department, organization, group or conference.

Follow Shari on:

twitter

LinkedIn

