



# **5 Easy Brain Boosting Life Hacks**

**You Can Do  
in Less Than  
5 Minutes**

**by Cristina Smith**

**5  
Easy  
Brain Boosting  
Life Hacks  
You Can Do  
in Less Than  
5 Minutes  
Total Per Day**

**Yes, it's true.**

**But don't just take my word for it-  
Give them a try for a month and see for yourself!**

***~Cristina Smith***



# Introduction

Want to be happier, healthier and feel more in control of your life? Whether you are 25 or 105 or somewhere in between, it's always a good time to discover ways to keep your mind healthy. People with strong minds live a richer and more fulfilling life. Want more? Start with 5 minutes a day!

Research shows our longevity and quality of life hinges on how we train, maintain and entertain our brains. Using our brains creatively, especially as we age, has been shown to reduce the risk of Alzheimer's, dementia, and other diseases that strike terror into our hearts and minds.



Our brains are made up of hundreds of billions of cells with some quadrillion connections between them. These cells fire off electrochemical signals every second of our lives.

The brain constantly rewires itself and becomes physically different from what it was in the preceding moment. That means the brain of a senior, if well maintained, trained and entertained, can become sublime in its incredible intelligence.

That means we can improve the flexibility of our brain power at any age. What a resource!

Science recognizes the brain to be superbly supple and forms new neural connections throughout life. The phenomenon is called *neuroplasticity*. It provides us with an ever-evolving brain.

This explains why even though people process information more slowly as they age, there is a trade-off for the decline in speed. It is true that we get wiser as we get older, and it's not just based on experience.

Our mental power can be boosted based on a lifetime of continual brain system upgrades. Because we can effectively adapt and adjust to changes, we have the ability and opportunity to train and reprogram our brains at will.



These five deceptively simple techniques can do wonders for our brain power as well as increase our overall health and happiness. Don't be fooled into thinking that because this is so easy, it can't possibly work. Even after years of research, when I first put these together, I had my doubts about their effectiveness. The only way to satisfy that skepticism is to try it yourself!

Give it a try. Experiment with these for a month and see what changes you notice. Please feel free to email me directly with your results and any questions-  
[CSmith@CristinaSmith.com](mailto:CSmith@CristinaSmith.com)

Here's to your



# #1



## Have a Glass of Water First Thing Total Time- 30 seconds

When we wake up in the morning, our bodies are naturally dehydrated. Between the bathroom trips, night sweats and the tiny amounts of water released in our breath, our bodies are thirsty.

Many of us stumble straight to the coffee maker for liquid wake up. How about doing something that will really help fuel your brain and body while the coffee or tea is brewing? Drink a glass of water. Room temperature is best.



Numerous studies published by the National Institutes of Health show that mental fatigue, memory problems, and mental confusion can result when the brain isn't properly hydrated. Grey matter in the brain actually shrinks, and chronic long-term dehydration can cause the brain to age prematurely.

You can tell if you are adequately hydrated by checking the color of your urine. If it is light yellow or straw colored, you're good. Drinking enough water can also help prolong a healthy life by reducing the risk of bladder and colon cancer and keeping kidneys working well.

Staying hydrated also aids digestion and metabolism to keep us in tip top shape, according to the Academy of Nutrition and Dietetics.

Another bonus benefit to staying hydrated is that it might even help you lose weight. Researchers at the University of Illinois found that those who sipped more H<sub>2</sub>O ended up eating 68 to 205 fewer calories per day. And it keeps toxins moving on through. Win, win!

Different experts recommend different amount of water. The data can be overwhelming. The best way to start is to to put the glass out before going to bed next to whatever other morning set up you prep in advance. Make it easy.



**Hydrate for happiness and health!**

# #2



## Learn a New Word Today

Total Time- 1 minute

Our bodies need physical exercise. Our brains need mental exercise. Learning something new every day is like daily brain boot camp, or a simple warm up stretch. We exercise our neuroplasticity, keeping our brains supple and flexible. We also fuel our curiosity which is one of the key factors in staying mentally healthy and emotionally engaged in the world. All these factors help combat depression.

According to neuroscientist Rebecca Brachman, depression has actually now surpassed HIV/AIDS, malaria, diabetes and war as the leading cause of disability worldwide. Learning a new word every day, whether it be in English or any other language, can be a great micro-dose of light in an otherwise dark world. The ray of light a new word shines helps build our memories and stimulates our happiness on the inside when our brain releases a dose of dopamine biochemical bliss for our accomplishment.



It doesn't have to be hard. A great way to learn new words and phrases is from watching movies and listening to different types of songs. There are apps for your phone or daily emails you can sign up for that will deliver a word of the day to you. Then there is always the old-fashioned way of taking a physical dictionary, closing your eyes, opening up the book and putting your finger on a word. It's fun to make a list of all of your new words. Record them in the notes app of your phone, a dedicated notebook or something even more creative.

One single new word every day will eventually make up a big list of words. As an additional fun idea, see if you can use your new words in conversation, be it phone, email or text. You may be surprised at all of the new, interesting ideas and insights that pop into your head.

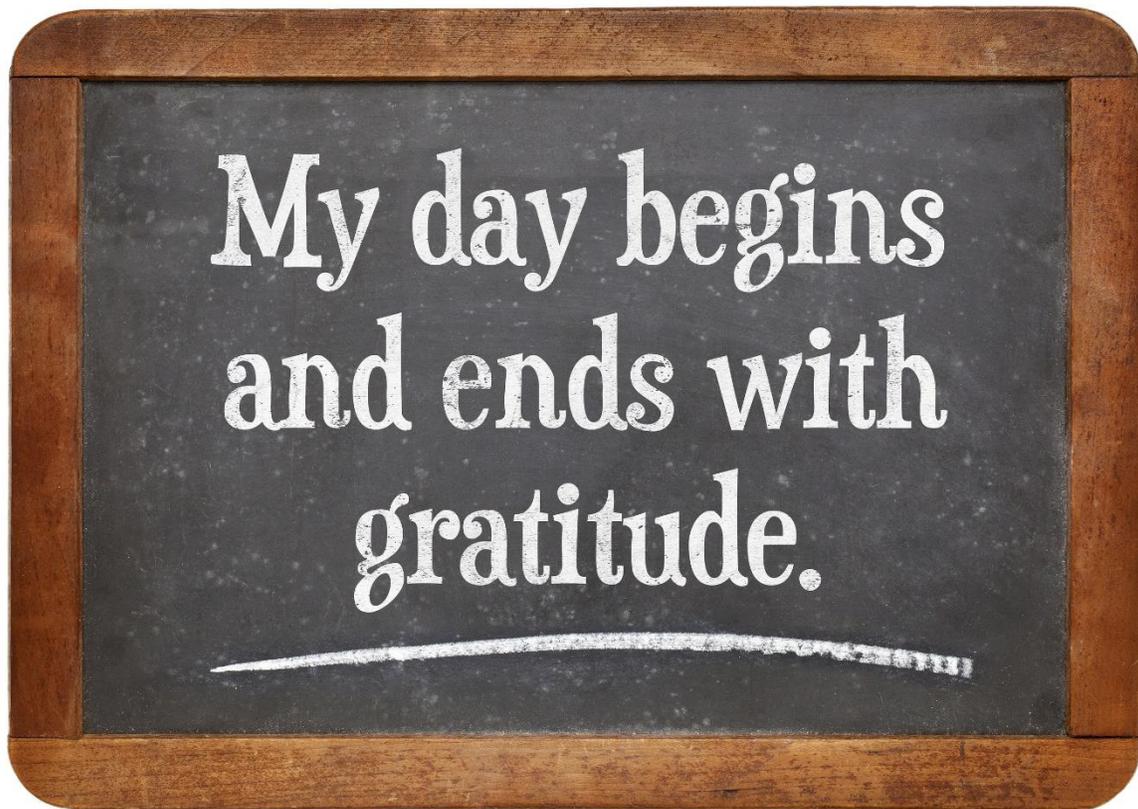


# #3



## Grab Some Gratitude Goodness

Total time: 1 minute



Giving thanks and offering gratitude has been with us for a long time. Many offer some form of thanks at meals. *Thank you* has long been taught to children as a magic phrase. Thanksgiving is a national holiday in several countries, though it is often associated with feasting more than gratitude. Now recent studies show that there are some very real health benefits in feeling grateful.

According to Dr. Paul Mills of the Center of Excellence for Research and Training in Integrative Health at the University of California, San Diego, saying thank you may actually help you live longer. His research shows that heart patients who cultivate an attitude of gratitude recover better. His patients keep a gratitude journal and write down a few things a day in it. That's a good practice.

You can also think about one thing you are thankful for after swallowing your last sip of water in the morning and another thing right before your fall asleep at night. That way you are opening and closing your day on an intentional positive note.

Count your blessings and enjoy better health and happiness.



# #4



## Smile at Yourself in the Mirror

**Total time- 10 seconds**

Start your day with a smile to yourself in the mirror and get a boost of biochemical goodness that sets the day off on the right foot. Not everyone is comfortable looking in the mirror, much less smiling. Hey, you are the most gorgeous and exquisite you there is. Give it a grin!



Did you know that your smile is a key to whole body happiness? It gives you access to your brain pleasure chemistry which can help relieve depression. Every time you move the smile muscles in your face, the feel-good neurotransmitters are stimulated and interpreted by your brain. That triggers the release of the bliss bringing chemicals into our bodies. These natural high inducing internal ingredients make us feel happy, more relaxed and they also help lower stress levels.

They also act as the body's natural pain killers. For sufferers of chronic pain, laughing and smiling can be very effective in pain management, as can laughing off the pain when you bump an elbow or stub a toe. Faking a smile or laugh works as well as the real thing. Our brains don't differentiate between real or fake as it interprets the positioning of the facial muscles in the same way.

Scientists, business leaders and spiritual teachers alike agree that the simple act of smiling can transform you and the world around you. Not only is your smile the life of a feel-good party in your brain, it can make you appear more attractive to others. Studies around the globe have demonstrated that smiles can be contagious. By smiling at and around other people, you are actually helping them in a very positive way.

People can hear your smile over the phone and feel uplifted. It elevates our mood, as well as the moods of those around us. Have you noticed that people treat you better and smile back when you smile? And our smiles can even lengthen our lives by lowering our heart rate and blood pressure. Go ahead, do yourself and the planet a great service.

# SMILE!



# #5



## Do Something that Makes You Happy

Total Time- 2 minutes

We all love to have a little bit of fun and to be happy. What if we allowed ourselves at least two minutes a day just for that? Pet your cat, play with your dog, whistle with your bird. Maybe read a naughty limerick or play a game of solitaire or make funny faces in the mirror? How about blowing bubbles or eating a piece of your favorite kind of chocolate? Look at some of your favorite pictures or read a favorite quote. Put some food coloring in a glass of water. Send a picture or emoticon to someone just because. Twirl around the room or remember a truly magical moment. Enjoy looking outside or at one of your treasures. Think of someone you love and how great that feels. Most happiness comes from the simple pleasures in life.

Happiness is the game changer between living a good life and one filled with a sense of futility. Though many say happiness is a choice, there are circumstances that just don't lend themselves to making that choice, like the illness or death of a loved one, social injustices, and terrible crimes. Even though these things happen, we can still take a mini vacation in our daily two minutes of happiness to recharge.



# Woo hoo! You did it!

## Total elapsed time- 4:40

**You have discovered the priceless treasure of  
easy ways to nurture and nourish yourself  
in our complex, fast paced world.**

**Well Done!**



Keep at it! Adapt and create your own 5-minute miracle.

If words don't float your boat, study birds or flowers or learn a new rock every day. You know what gives you that feeling of excitement and makes you want to discover more!

What if we all did just these few things?

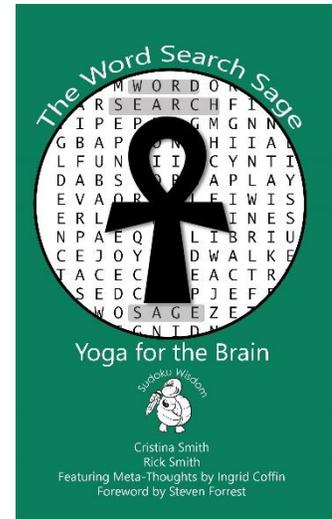
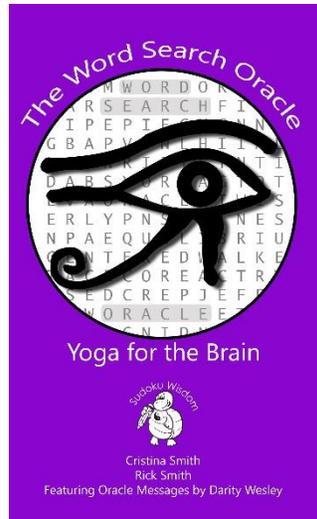
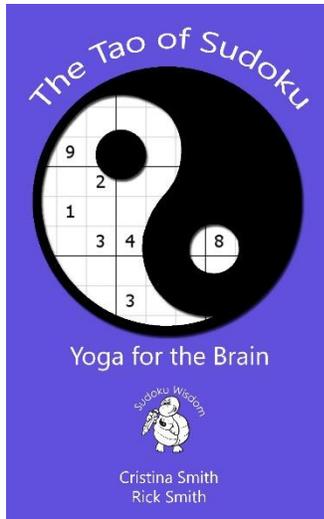
We'd be healthier (water), happier (smiles), smarter (words), kinder (gratitude) and more joyous inside and out (play). We're making a better world and an improved quality of life in less than 5 minutes a day.



Please feel free to let me know your results after experimenting with these five techniques for a month. My direct email is [CSmith@CristinaSmith.com](mailto:CSmith@CristinaSmith.com)

And for a good time, you can also give my award-winning Yoga for the Brain series of profound philosophy and fun puzzle books a try.

They are available on Amazon.com or by clicking on the image.



*I love Yoga for the Brain! These books are a great way to relax, unwind and play. Even better, research shows that games like these can have a mind-body benefit no matter how old you are. Sign me up for more!*

*-Camille Leon, Founder, Holistic Chamber of Commerce*

Thanks so much for reading!

Sending you many smiles,

Cristina

