

Brain Area Specific Exercises

Brain Area Specific Physical Exercises

Prefrontal Cortex: Aerobic exercise helps boost blood flow and dopamine in the brain, which has been shown to help with impulsivity. Yoga can also help sharpen focus and strengthen the PFC.

Deep Limbic: Aerobic activities that are social, such as dancing or joining a local sports team are very effective as they calm hyperactivity in the DL system and enhance your mood, in addition to boosting blood flow and multiple neurotransmitters in the brain.

Basal Ganglia: Yoga and tai chi soothe overactivity in the basal ganglia and calm anxiety.

Temporal Lobes: Issues with the TL can be reduced through aerobic coordination activities that involve music.

Cerebellum: Dancing, table tennis and coordination exercises are highly recommended.

Check with your doctor before beginning any exercise program.

Brain Area Specific Mental Exercises

Prefrontal Cortex: Crossword puzzles, word games, meditation, and hypnosis

Deep Limbic: Killing the ANTS (automatic negative thoughts) and gratitude practice

Basal Ganglia: Deep relaxation, hand-warming techniques, and diaphragmatic breathing

Temporal Lobes: Memory games, naming games, and singing

Parietal Lobes: Juggling and interior design

Cerebellum: Handwriting and calligraphy