

There is no possible in this world. Every problem has a solution. Taking a right steps can helps us to improve our cognition. According Asensio to improve our cognition, firstly is reduce stress level. Stress can increase cortisol level, which can attacks the myelin of the axons and impedes information from being efficiently transmitted. So, if we can handle our stress level, we might improve our cognition level because reducing stress improves our synaptic connections. For example, keeping our attitude and min main positive can make us cognitively flexible. Plus, to reduce our stress is doing our hobby or take a few time to rest. For example, if we are study for a long period, we can stress because of many works or we cannot solving our problems, so by taking some rest we can reduce our stress.

Besides, to improve our cognition to reduce our stress level is we can do meditation. Meditation also can help us to decrease our stress and can help our cognition. As we can see if we do meditation, it requires a full concentration and conscious attention to focus, as we said, are important for creating new functional circuit. Furthermore, meditation had proved that it can improve attention, memory, executive functions, processing speed and general cognition.

Other than that, to improve our cognition we can do physical activity. This is because doing some activities helps boos thinking and memory indirectly improving someone mood and reducing stress. Exercise has been shown to decrease feeling of stress because when we do activities such as jog, it can help us from thinking our work. It also can help to bring about changes in the brain that regulate stress and also anxiety.

Lastly, to improve our cognition is getting enough sleep or better sleep. This is because, by getting a good sleep, we can more alert and able to more concentrate for longer time. One of study found that 150 minutes of moderate to vigorous activity per week can increase sleep quality.