

BRAIN FITNESS EDUCATION

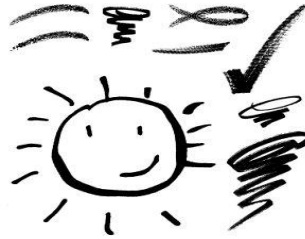
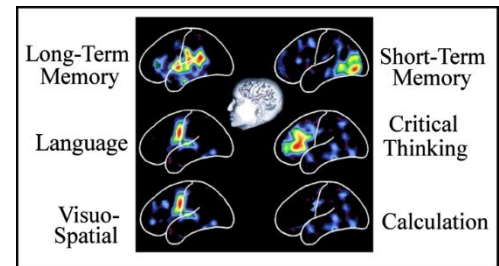
Doodling is Good for Your Brain

Source: dakim.com

We've all done it...scribbled absently.

Doodling has long been assumed to be evidence of boredom, daydreaming, or distraction. New evidence suggests that doodling may actually help a person to better focus by providing a welcome boost of attention.

Brain Fitness...Use It OR Lose It!



At the University of Plymouth in England, 40 people were asked to listen to a 2½ minute recorded phone call consisting of a rather dull list of names and places. Afterwards, they were asked to write down as many of them as they could remember. While they listened, half of the participants were asked to shade in shapes on a piece of paper, a simple form of doodling, and surprise, surprise: *they remembered more names than the non-doodlers - 29% more. That's quite a difference!*

Why such a big difference? Experts think that doodling (a low-energy activity) keeps the brain engaged and prevents daydreaming. The brain is built to process information and, when there isn't much outside information to process, it starts generating internal information, or *daydreaming*.

Daydreaming is a surprisingly demanding task. It takes attention and focus away from the task at hand. But, a simple task like doodling helps keep the brain engaged, prevents daydreaming, and helps to maintain focus.

While doodling may be evidence of boredom, it is *not* evidence of inattention. It can be quite the opposite, a way of preventing daydreaming and loss of focus. So, give your brain some exercise: get paper, pencil, and **START DOODLING!**

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