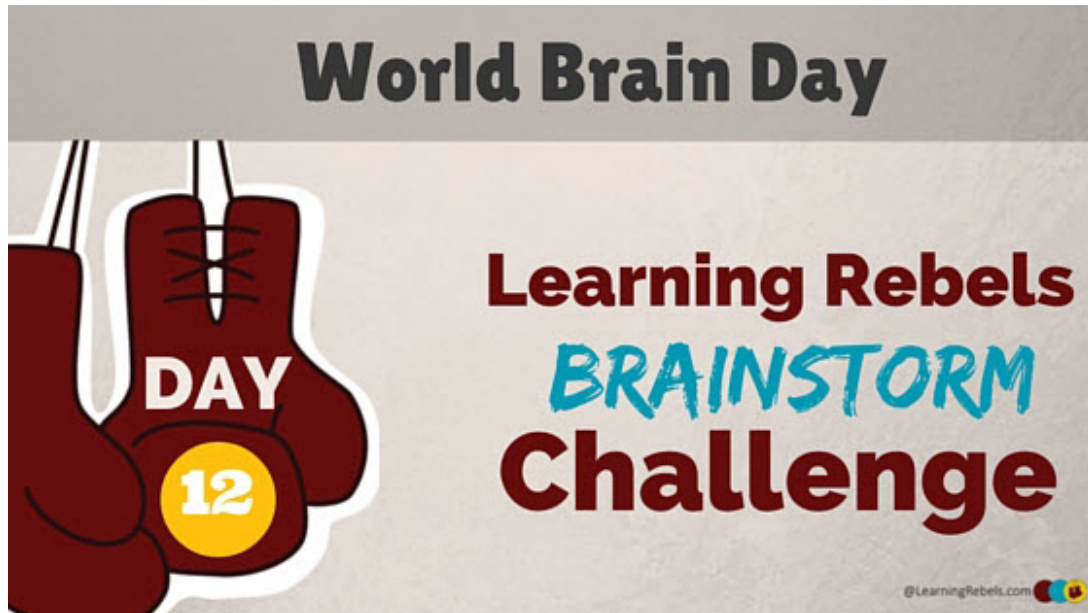




LEARNING REBELS
Fighting The Good Fight



It's day 12 of our 30 Day Brainstorm Challenge –
World Brain day

There seems to be a day for everything. National Hot Dog Day, Donut Day, and Dog Day – well, today is World Brain Day

I got this great email from [Hermann International](#) and it really made me think. So much so, I had to jump here and write this post! See, I'm a forgetful kinda gal. Leaving phones in cabs, leaving my purse behind at sidewalk cafes, my coat behind in meetings – I'm at the mercy of kind people across the world who chase me down and bring my stuff back to me. *Thank you world!*

When I got this email about World Brain Day and what we can do to strengthen the mind and brain cells, I was all in. There were a few on the list I felt pretty good about – here are 5 items with which I could directly relate. (Share in the comments which of the 15 on Hermann's list speak to you)

1. **Take a shower.** This is funny to me, because I thought I was the only person who does this. When I get lost, or can't think or am generally stumped – a lot of times I will just take a shower. There is something about the automatic nature of muscle memory that allows for creative thought to flow. Now, it's official – I'm not crazy.
2. **Feed your Brain.** There is something to this. I find when I eat lighter I think faster. I feel more sharp. When I say lighter, don't think I've gone all health nut on you (not that that's a bad thing...) but I am eating less beige food. I feel if my plate has color, I'm doing good. I'm sure there's a diet out there based on the colors of the rainbow, but I'm not one for diets. I'm for eating to make myself happy. Frosty adult beverages and all.
3. **Use Your Social Brain Wisely.** It's absolutely true in my case, that too much time in my [social media drains me](#). So, I have tried to be more cognizant about how much time I spend there, and what I'm doing. Most importantly, what I'm doing or how I'm behaving. I've unfollowed negative Nellies. I've block from Facebook those who have nothing positive to say about people or life in general. For me this has freed up important brain space. I also find that I'm more creative. When I want to read about the things that happening on the world stage, I do – it becomes my choice. When it's my choice I feel better and less drained.
4. **Create Brain Friendly Playlists.** Now, they are recommending instrumental music to get the brain thoughts flowing, but I prefer to get my groove on when I'm working. I have annoyed my network with Disco Friday ever since I can remember. But hey, it's happy music. How can you not smile when you hear [Boogie Oogie Oogie by Taste of Honey](#). Second to that my favorite list is 70's rock. (Sweet Home Alabama) I work best when I smile.
5. **Set Up Your Own Mental Olympics.** I think this is what this 30 day Brainstorm Challenge is all about. To me this is mental olympics – coming up with an AHA, writing it out or creating a video and then checking the [Learning Rebels facebook](#) just in case someone posted there (thank you everyone!). This challenge has moved my brain in an entirely different direction and I'm loving it!

Click on this graphic from the Hermann International website to learn more.



Hermann International World Brain Day

It's also time to go back and find [my favorite passages](#) of Brain Rules! I want to try each of these for a bit to see how my brain feels afterwards. Maybe I'll make August Doodle month? Maybe I need to stick with one challenge at time? Nah, where's the fun in that?

What are you doing to strengthen your brain? Share!

#LETSDOTHIS

NO! It's not too late to join! See the original 30 Day Brainstorm Challenge post [here](#)

See [Day 10 & 11: Build the Excitement!](#)

Check out the variety of participants and their challenge entries on the [Learning Rebels Facebook page here](#)

Click on the gloves to learn more about how Learning Rebels can provide learning solutions to help you achieve your business goals.



About Shannon Tipton

As Chief Learning Rebel, my passion is to “Fighting the Good Fight” for more engaging and innovative workplace learning. I believe building a learning culture within an organization today means one must think beyond the walls of conventional classrooms, rethink traditional learning methods, and create an environment that supports “Learning