

Ultiself Mental Sharpness Routine

Sharpen your most powerful weapon, Your BRAIN. With these powerful habits to improve your cognition, mental sharpness and intelligence.



Declutter Your Workspace - Cleanliness in your workplace promotes attention to detail and information processing.

ACTION - Cleanliness in your workplace promotes attention to detail and information processing.



Listen to Jazz or Classical Music - Relaxing music activates the parasympathetic nervous system which is responsible for recovering from stress.

ACTION - Choose your favorite jazz or classical music and listen to it to focus.



Breathing Exercise - Breathing exercises decreases the amount of cortisol released in your body.

ACTION - Spend time doing breathing exercises everyday.



Vitamin B12 - Vitamin B12 helps to maintain neurons and enhance their function.

ACTION - Take this vitamin as a supplement and eat fish, oysters and tuna.



Don't Snooze - Immediately waking up in the morning gives you the advantage of a boost of cortisol and thus alertness.

ACTION - When the alarm sounds, get out of bed immediately and enjoy the rush.