

## HOW TO USE THE INTERNET TO KEEP YOUR BRAIN ACTIVE

Your brain – Use it or lose it!

Using the internet to keep your brain active is a great way to engage in lifelong learning and cognitive stimulation. Here are some tips and activities you can try (and before you say I don't have time – be determined to set aside 15mins each day to apply yourself to this task):

### Online courses and tutorials:

- Enrol in online courses on platforms like Coursera, edX, Udemy, or Khan Academy. These platforms offer a wide range of subjects and skill levels.
- Learn a new language through language learning apps and websites like Duolingo, Babbel, or Rosetta Stone.

### Collect:

- Choose a topic and start collecting (digital items) such as:
  - Music
  - Sport Team memorabilia
  - Art
  - Particular links
  - Stamps, coins, words, whatever ...

### Educational websites:

- Visit educational websites like TED Talks, Khan Academy, and HowStuffWorks to explore a variety of topics and gain knowledge.

### Discover:

- Be determined to discover a new fact, concept, word, person, event etc. every day

### Online libraries and eBooks:

- Access digital libraries and eBooks to read books on a wide range of subjects.
- Join book clubs or online reading communities to discuss books and exchange ideas.

### Brain-training apps and games:

- Play brain-training games and puzzles like Sudoku, crossword puzzles, Lumosity, Elevate, or Peak. These can help improve memory, attention, and problem-solving skills.

### Social media and discussion forums:

- Join online communities or forums related to your interests. Engage in discussions and debates to keep your mind active.
- Follow experts and thought leaders on social media platforms like Twitter and LinkedIn to stay updated on current events and trends.

### YouTube and educational channels:

- Explore educational YouTube channels like CrashCourse, Vsauce, and TED-Ed. These channels offer short, informative videos on various subjects.
- You can also learn new skills, such as cooking, DIY projects, or playing musical instruments, through instructional YouTube videos.

### Virtual museums and tours:

- Take virtual tours of museums, historical sites, and art galleries online. Many institutions offer virtual exhibits that you can explore from the comfort of your home.

### Podcasts and audiobooks:

- Listen to podcasts on topics that interest you or explore audiobooks to consume knowledge while multitasking or during commutes.

### Online quizzes and trivia:

- Participate in online quizzes and trivia games to test your knowledge and learn new facts.

### Online courses and webinars:

- Many universities, organizations, and experts offer free or paid webinars and workshops on various subjects. These can be a great way to acquire new knowledge.

### Interactive online communities:

- Join online communities like Reddit or Quora where you can ask questions, share knowledge, and engage in discussions on a wide range of topics.

### Practice critical thinking:

- Read articles, research papers, and news from reputable sources and critically analyse the information. This helps improve your analytical and critical thinking skills.

Remember to balance your online activities with physical exercise, social interactions, and offline learning to maintain a healthy and well-rounded lifestyle. Also, set goals and schedule regular time for online learning to ensure you consistently engage your brain and expand your knowledge.