



Eating during high mental stress

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Abstract. You can increase your performance, improve your memory and concentration, as well as become more intelligent and attentive even during periods of great mental stress, be it preparing for entrance and final exams, sessions, diplomas, PhDs, large projects or simply important business meetings. To do this, it is enough to introduce into your diet a complex of special foods that are responsible for brain function. Interestingly, among other things, they will help improve sleep, get rid of irritability and stress, and significantly improve the quality of your life.

Key words: food for the mind, recommendations, benefits, harm, beneficial properties, contraindications

Vitamins to improve mental performance

It is no secret that the brain, like any other organ, requires proper nutrition. At the same time, the diet of a person seeking to improve mental activity must include:

- B vitamins [1] They affect memory and promote the restoration of brain cells. Contrary to the erroneous belief that these cells do not regenerate.
- Vitamins A, C and antioxidants [2]. They are on the same page because they perform identical functions, protecting cells from the action of free radicals and toxins.
- Omega-3 fatty acids. [3] They improve brain function and lower blood cholesterol levels.
- Zinc. [4] It helps improve memory and cognitive function.

At the same time, it is imperative that the body receives all vitamins together with food, and not as part of medications and vitamin complexes. And there are several reasons for this.

Firstly, in this form they are better absorbed.

Secondly, the vitamins contained in food are absolutely safe. Meanwhile, the effect of such drugs on the human body has not yet been studied.

Thirdly, they have no contraindications. At the same time, doctors do not recommend taking certain vitamin complexes to improve brain function for people suffering from cardiovascular diseases or allergies.

Top 21 products for high mental stress

To improve brain function, it is important to choose high-quality organic and, most importantly, fresh food. At the same time, we must not forget about clean drinking water. After all, our brain is 85% fluid, which means it is in dire need of it. By the way, if fatigue occurs during prolonged mental activity, doctors advise replacing the usual cup of coffee with a glass of clean water.

Despite the fact that there are quite a lot of products that have a beneficial effect on the human brain, scientists highlight the most basic ones. Among them:

1. Salmon. In addition, mackerel, sardine or trout are suitable. This is an oily fish, thanks to which omega-3 fatty acids enter the body. Research conducted at the New Zealand University of Nutrition by scientists led by Velma Stonehouse showed that "regular consumption of fatty fish helps improve short- and long-term memory and prevents the risk of developing Alzheimer's disease."
2. Tomatoes. These vegetables contain the antioxidant lycopene. It protects cells from the action of free radicals and toxins, improving blood circulation, and with it brain function. Regular consumption of tomatoes improves memory, attention, concentration and logical thinking. It also prevents the risk of developing Alzheimer's and Parkinson's diseases. [5]
3. Blueberry. It contains antioxidants and polyphenols that help improve short-term memory and concentration. In addition, they help prevent the development of Alzheimer's and Parkinson's diseases, the cause of which, according to one hypothesis, is toxins. You can replace blueberries with blueberries [6], cranberries, strawberries [7], raspberries [8] and other berries.
4. Green leafy vegetables. First of all, these are all types of cabbage and spinach. Their uniqueness lies in their high content of vitamins B6, B12 [9] and folic acid [10]. Their deficiency in the body causes forgetfulness and even the development of Alzheimer's disease. In addition, they contain iron, which reduces the risk of various cognitive impairments.
5. Cereals. Brown rice [11] and oatmeal [12] are the best options. Among other things, they improve blood circulation. And this, in turn, has a positive effect on brain function. [13] In addition, these are complex carbohydrates that provide the body with energy and help improve concentration and speed up the process of comprehending new information.
6. Walnuts. [14] Source of omega-3 fatty acids. Numerous studies have shown that they improve memory, concentration and cognitive skills. In this case, it is enough to eat only a handful of nuts a day. They also contain vitamin E [15], which prevents the development of age-related brain diseases.
7. Avocado. It contains monounsaturated fats, which normalize blood circulation and also prevent the risk of developing hypertension. [16]
8. Eggs. It is a source of protein [17] and vitamin B4. This vitamin plays an important role in the regulation of emotional behavior and sleep. In addition, it improves memory and concentration.
9. Green tea. This drink has a huge number of beneficial properties, including improving memory.
10. Almond. Like oily fish, it contains omega-3 fatty acids, which directly affect brain activity. It also contains antioxidants and vitamin E. Together, they protect cells from the harmful effects of toxins and improve blood circulation, thereby allowing a person to remain concentrated, attentive and as collected as possible for a long time.
11. Sunflower seeds. Source of vitamin E and antioxidant that prevents memory loss.
12. Beans. Improves cognitive functions of the brain. [18]

13. Apples. They contain quercetin, an antioxidant that prevents the development of Alzheimer's disease. Apples also improve brain function and memory and prevent the risk of cancer. [19]
14. Grape. All types of grapes contain quercetin and anthocyanin, substances that improve memory. [20]
15. Carrot. Source of vitamins B, C [21] and beta-carotene. Regular consumption of carrots slows down the aging process, which, among other things, is manifested by memory deterioration and loss of brain activity. [22]
16. Pumpkin seeds. They contain vitamins A [23], E, zinc, as well as omega-3 and omega-6 fatty acids. Regular consumption of these seeds can help you get rid of sleep problems, as well as improve concentration and brain function.
17. High quality dark chocolate. It is a source of caffeine and antioxidants. These substances improve blood circulation, so the brain receives more oxygen and nutrients. As a result, the ability to pay attention and concentrate, as well as remember new material, improves.
18. Sage. A source of antioxidants and beneficial substances, which are also found in medications against Alzheimer's disease. According to research published in the journal *Pharmacology, Biochemistry and Behavior* in 2003, "sage helps improve short-term memory and speed up the process of remembering new material. In addition, it improves concentration and speeds up the process of comprehending what you read or hear."
19. Caffeine. This is an antioxidant that, in moderate quantities, can quickly relieve fatigue, increase performance and concentration.
20. Beet. Positively affects blood circulation processes. This improves memory and concentration. At the same time, a person acquires a clear and sharp mind. [24]
21. Curry. A spice that contains curcumin, which helps improve memory, stimulate neurogenesis, which is actually the process of creating new cells, and reduce the risk of developing brain inflammation and Alzheimer's disease.

How else can you improve brain function under heavy mental stress?

- Take care of sound and healthy sleep.
- Don't forget about rest. Alternate mental and physical activity.
- Exercise regularly.
- Solve mental puzzles, solve puzzles and crosswords more often.
- Listen to music. Some studies show that listening to music while doing mental work can help you relax and rejuvenate.
- Avoid eating fatty foods, foods high in starch, as well as sweets and starchy foods. It dehydrates the body, thereby impairing brain function.

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