Top 10 Simple Brain Gym Exercises And Its Benefits

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A healthy and sharp mind is the root mantra of a successful and happy life. A series of simple exercises can boost your brain function in a better way which makes you sharper, smarter and more confident. These exercises are known as brain gym exercises. It comprises of some really easy body movements which helps to coax the two hemispheres of the brain while making them work in synchronization.

These exercises are really simple and can be done by people of all age groups. Mostly children and young adults actively practice brain gym exercises. But currently, even adults and aged people too practice these exercises. There are various benefits associated with brain gym exercises. The major benefits associated with brain gym exercises are as follows:

1. It makes you smarter and sharper
2. It boosts your confidence level
3. It improves your self-esteem
4. Revitalizes your natural healing mechanisms
5. Restores health and harmony
6. [Improves eye-sight](https://www.stylecraze.com/articles/natural-ways-to-improve-your-eyesight/)
7. Increases creativity and communication skills
8. Gives you a boost when you face disappointment or rejection

So these are some of the major benefits of brain gym exercises. Here is the list of the top 10 brain gym exercises which are easy yet very effective for your overall health and fitness.

**The top 10 brain gym exercises are as follows:**

**1. Cross Crawl**

Sit or stand and with your right hand elbow touch your left knee diagonally across your body. In the same way, repeat this exercise with your left hand touching your right knee. Alternate the directions as in a march-past. Ensure that you touch the knee with your elbow completely and properly. Repeat this for 2-3 minutes.

**2. Think Of An X**

Close your eyes. Think of the letter X and visualize it. Notice how your eyes co-ordinate to connect right, left, upper and lower visual fields around a point of focus. Notice the X-like organization and symmetry in your body as each side of your hip co-ordinates with the shoulders.

**3. Lazy Eights**

Extend you arm straight out in front of you. It should be equal to your shoulder level. With your thumb pointing toward the ceiling, slowly and smoothly trace the shape of a large figure 8. While drawing the 8, try to focus your eyes on the thumb.

**4. Neck Rolls**

Drop your head forward and relax your shoulders. While breathing, close your eyes and easily roll your head from side to side. Try to make small circles while you breathe deeply. Do 4 to 5 complete side to side motions!

**5. Belly Breathing**

Put your hands on the abdomen. Exhale in short little puffs through your mouth. Imagine that you are trying to keep a feather float in the air. Do this process until you feel your lungs empty. Now inhale deeply filling yourself totally like a balloon. Now slowly exhale. Repeat this 3 to 4 times.

**6. Brain Buttons**

There are two hollow areas under your collarbone which is about 1 inch out from the centre of your chest. Using your thumbs and fingers of one hand, rub these areas vigorously for 50 seconds while rest your other hand over your navel as you look from left to right.

**7. The Energy Yawn**

As you start to yawn, using your fingertips of both the hands, press lightly the tight spots near your cheeks where cheeks cover the upper and lower molars. Make a relaxed and deep yawning sound while you gently stroke away the tension and stress. Repeat this for four or more times.

**8. The Thinking Cap**

Using one hand at the top of your each ear, try to unroll the curved parts gently of the outer edges of both ears together. Continue till you reach the bottom of the ears. Repeat it 3 -4 times.

**9. The Elephant**

You need to place your left ear on your left shoulder. Extend you left arm like an elephant’s trunk and draw the infinity sign in front of you, which crosses up in the middle. Make sure that your knees are relaxed. You can switch arms after 4 -5 complete signs.

**10. Positive Points**

Gently touch the points above the eye halfway in between the eyebrow and the hairline using your fingertips of each hand. Close your eyes. Breathe deeply and slowly for few seconds. Now release, relax and repeat this for 3 times.

By performing these simple brain-gym exercises daily in the morning or during the time of the day when you feel stressed or exhausted, you will surely re-gain that positive energy and your brain functions in a very proper way.