



Basic Principles of Human Behaviors

Part 2: Mental Growth



Learning Objectives

1. Define mental health based on the World Health Organization (WHO).
2. Explain the responsible for specific tasks of the brain regions, the left brain and the right brain for human behaviors.
3. Practice the brain gym for personal mental growth.

Physical Growth VS Mental Growth



Physical Growth:
Grow mass and size



Mental Growth:
Grow IQ and EQ

Idea of Mental Growth



As the children grow older, their mental abilities and functions increase.

Mental Health



Developing Learning
Abilities

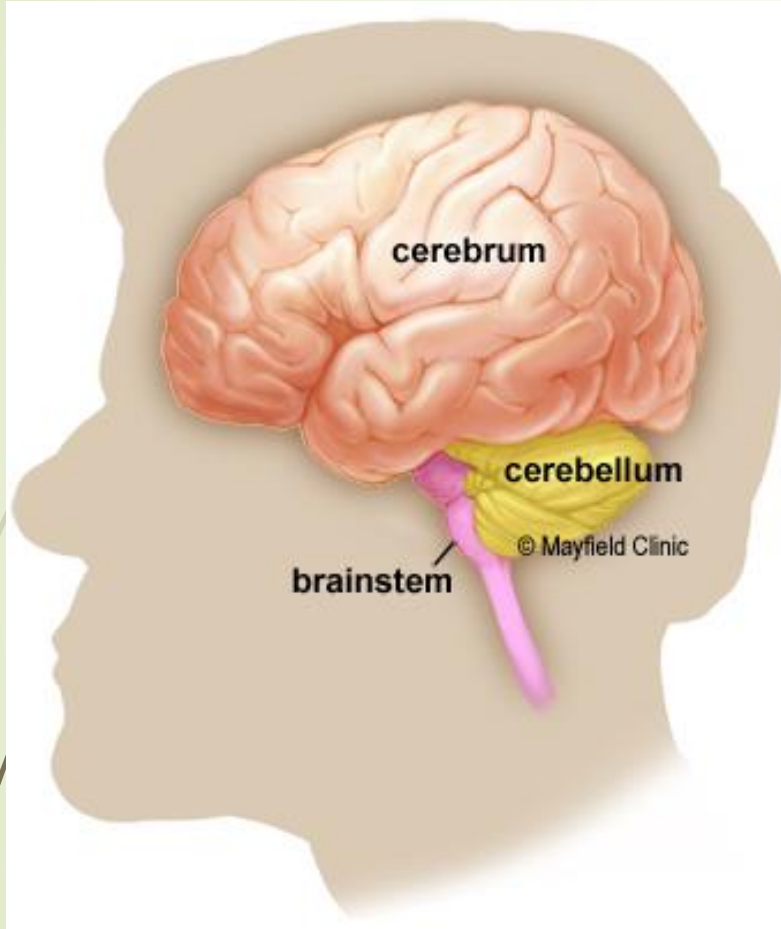


Increasing Productivity
at Work



Contribution to Community

Brain Regions and Functions



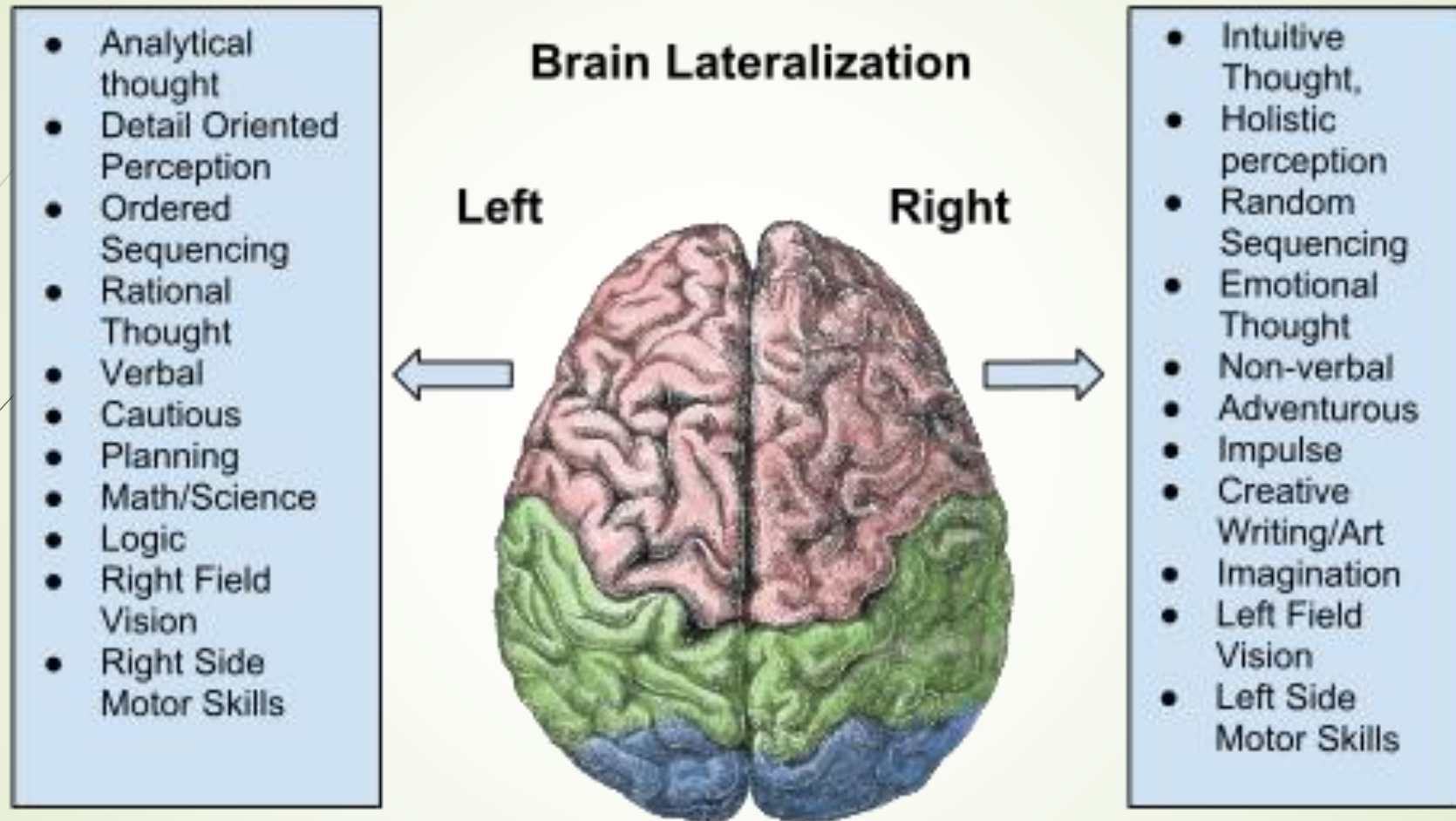
Cerebrum: interpret touch, vision, and hearing, performs speech, learning, and control movement.

Cerebellum: coordinate muscle movement, maintain posture, and balance.

Brainstem: control breathing, heart rate, body temperature, wake and sleep cycles, digestion, sneezing, coughing, vomiting, and swallowing.

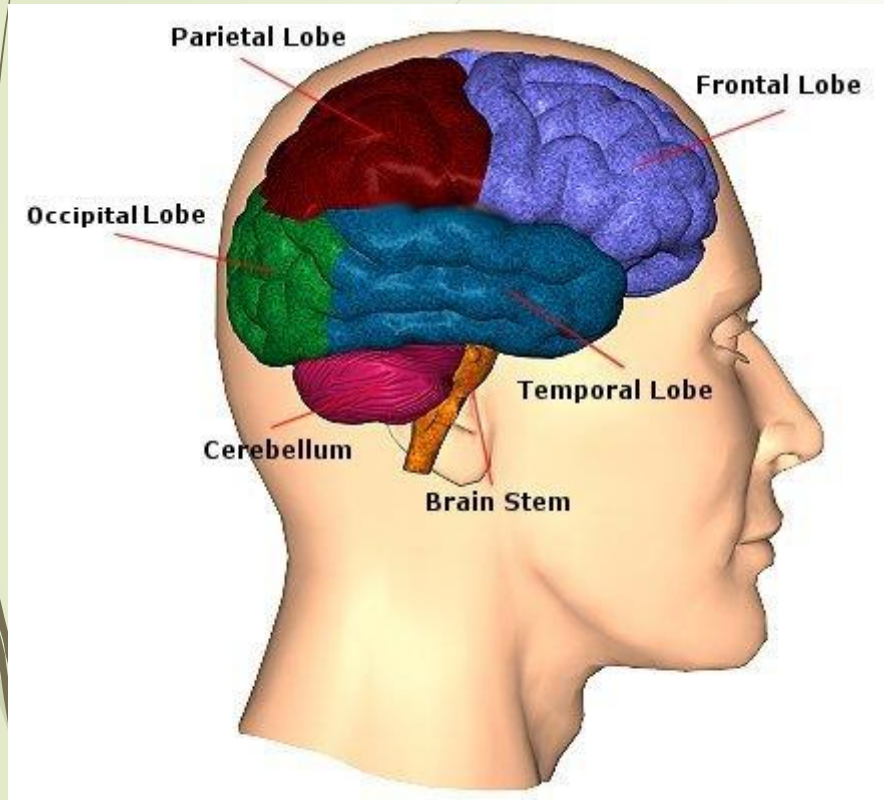
Source: <https://mayfieldclinic.com/>

The Left Brain and Right Brain Functions



Source: [wikimedia.org/wiki/File:Brain_Lateralization.svg](https://commons.wikimedia.org/wiki/File:Brain_Lateralization.svg)

Brain's Lobes and Functions



Frontal Lobe: intellectual activities, personality, behaviors, and emotional control.

Parietal Lobe: ability to read, write, and understand spatial relationships

Occipital Lobe: controls sights

Temporal Lobe: controls memory, speech and comprehension

Brain Stem: controls heart rate, blood pressure

Source:

<http://www.neuroskills.com/brain-injury/brain-function.php>

Good Factors for Brain & Mental Development

1

Enrich your mind

2

Do brain exercises

3

Consume good nutrients

4

Continue to learn

5

Think critically

6

Get better sleep

Source: Adapted from <https://www.lifehack.org/articles/productivity/15-ways-grow-mentally-and-physically.html>

Good Factors for Brain & Mental Development (cont.)

7

Spend time with people

10

Laugh more

8

Stay away from drugs & alcohol

11

Get rid of bad habits

9

Find a good listener

12

Positive thinking

Source: Adapted from <https://www.lifehack.org/articles/productivity/15-ways-grow-mentally-and-physically.html>

1. Enrich Your Mind



Learn new things to
get more knowledge



Utilize knowledge in
a better way

2. Do Brain Exercises

Left Brain



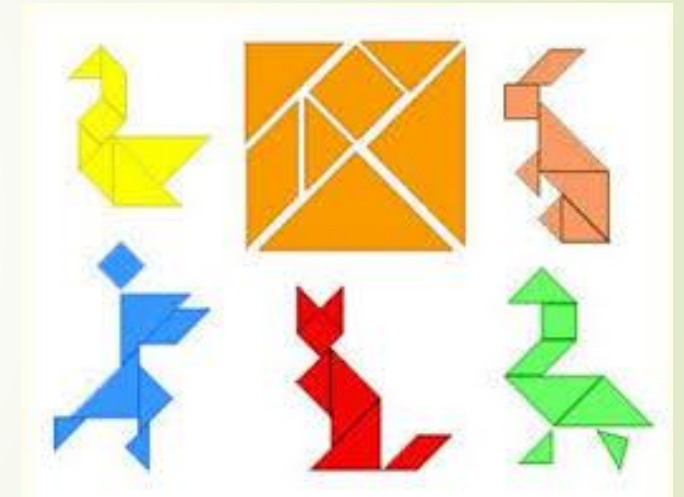
Word Round Up

Right Brain



Optical Illusion:
Lady or Witch

Left-Right Brain



Tangrams

3. Consume Good Nutrients



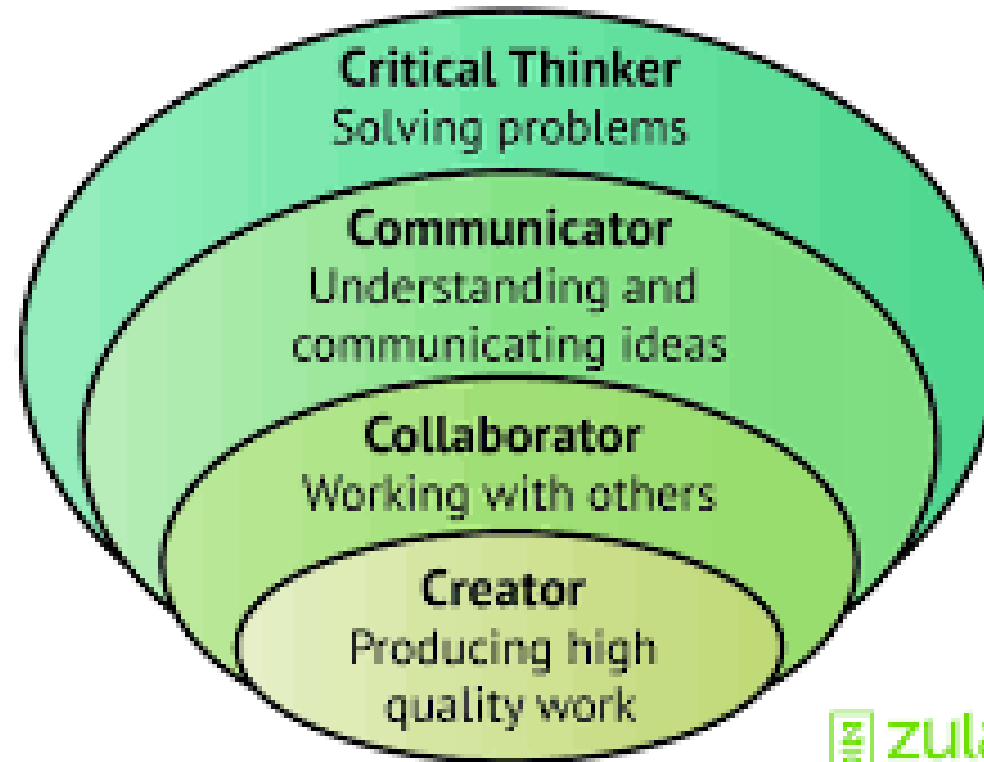
4. Continue to Learn



Learn somethings you want to learn.

5. Think Critically

The Four Cs of 21st Century Skills



6. Get Better Sleep



Sleep helps tissue repair, muscle and mental growth.

7. Spend Time with People



People are willing to support you
in any circumstance.

8. Stay Away from Drugs and Alcohol



Using cigarettes, alcohol, and illegal drugs damages your mental and physical health.

9. Find a Good Listener



Have an open mind



Pose significant questions

10. Laugh More



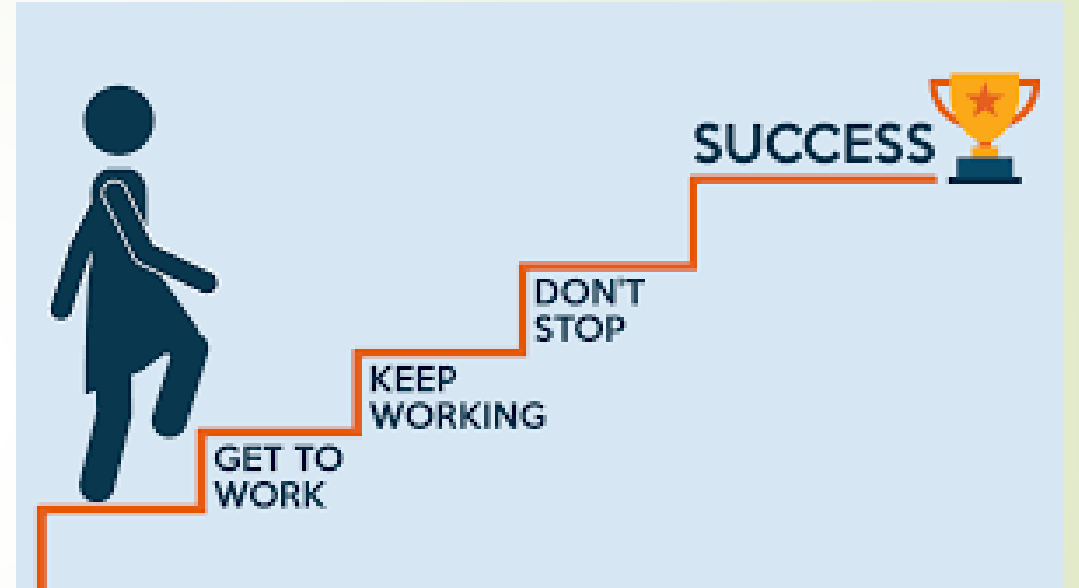
Strengthens immune system, and boosts mood

11. Get Rid of Bad Habits



Get rid of bad habits that hurt self-confidence.

12. Positive Thinking



Begin each day with a grateful heart.



Summary

There are many ways to develop human behaviors for mental health. Many studies have shown that doing physical activities can improve mental health. In addition, the development of the brain relates to the mental health that changes in learning development from new born to adolescent through at least 12 good factors as described before.



Secrets Of The Brain – Insight TV: Channel 3 Thailand

<https://www.youtube.com/watch?v=eHizKTN3IP0>



Activities

1. Read more information from <https://www.lifehack.org/articles/productivity/15-ways-grow-mentally-and-physically.html>
2. Check your personality from <https://www.16personalities.com/th>
3. Create a screen capture of the result page.

Example

