

**SESI PERKONGSIAN ILMU (SPI)**

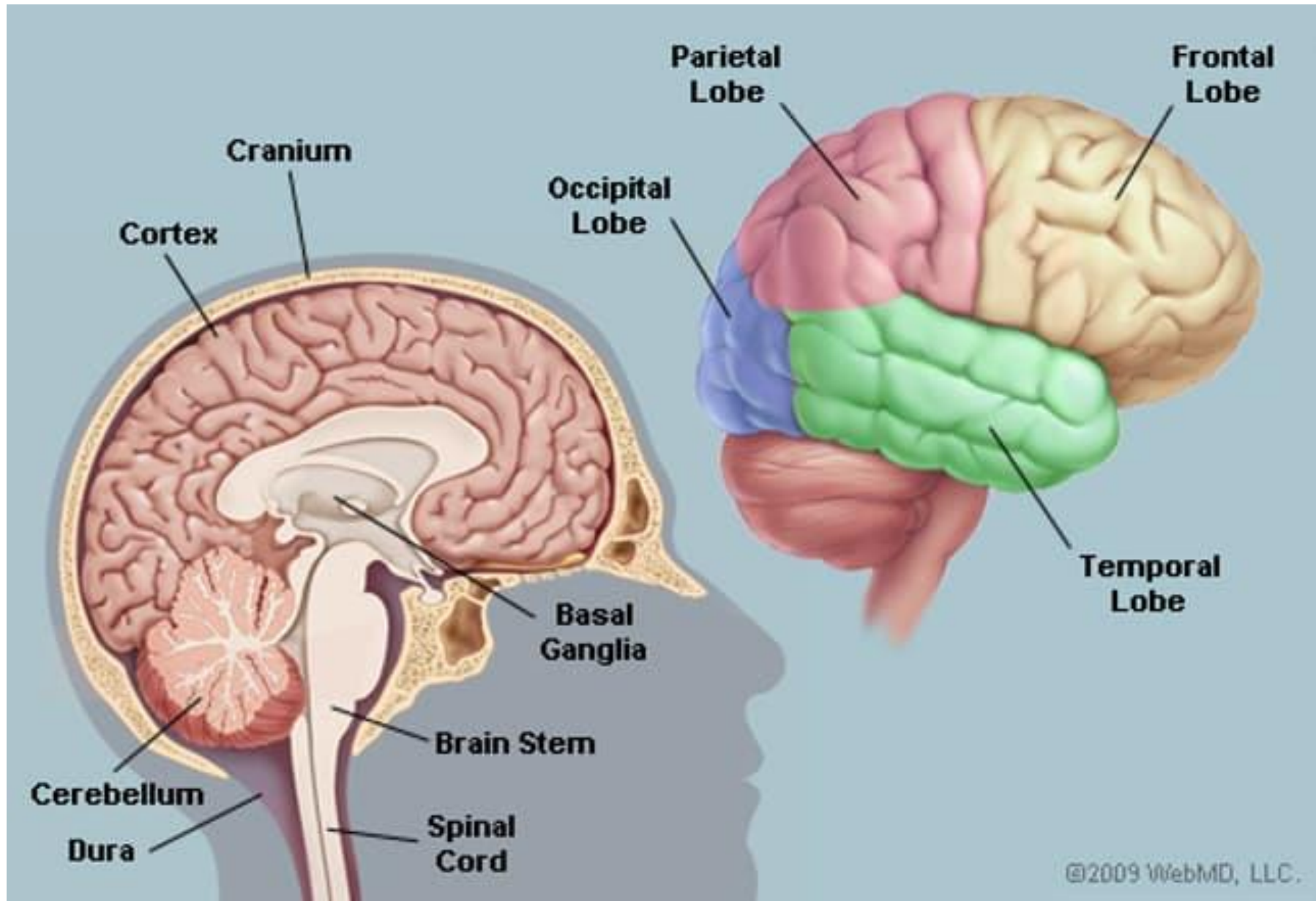
**OTAK 1.0**

**Idamurni Ismail • 1 September 2022**





# ANATOMI OTAK MANUSIA





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# FAKTA MENARIK TENTANG OTAK



Otak terdiri daripada 75% air



Otak merupakan organ yang paling banyak lemak – 60%. Asid lemak penting untuk fungsi otak



Otak akan terbentuk sepenuhnya pada umur 25 tahun

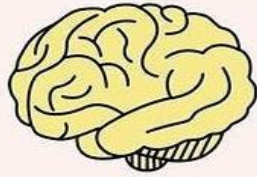


Otak mampu menghasilkan 250 watt tenaga elektrik – boleh menghidupkan sebiji mentol



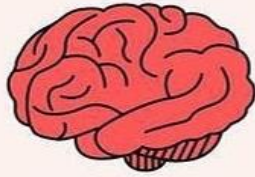


# PERKARA YANG BOLEH MENINGKATKAN POTENSI OTAK



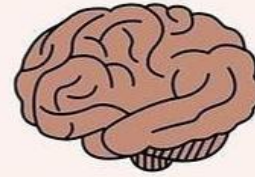
## Stimulation

Challenge your brain with puzzles, games and new inputs



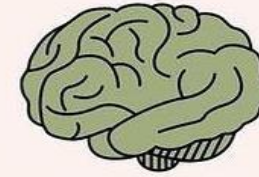
## Exercise

Consistent physical exercise will heal the brain and keeps it fit



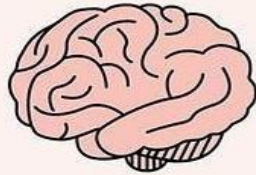
## Proper diet

Eat foods with protein, unsaturated fat, fruits and vegetables



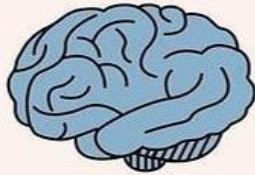
## Safety

Avoid head trauma by wearing helmets and seat belts



## Sleep habits

Brains need around 7-8 hours of sleep to process & recharge



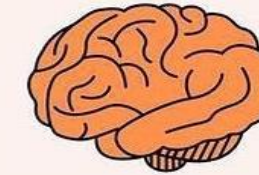
## Learning

Keep your brain young by learning new things like a language



## Switch routines

Change habits, it will surprise your brain & turns off auto-pilot



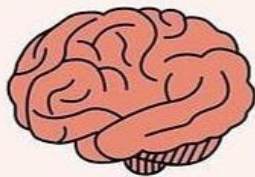
## Be social

Interacting will trigger brain processes and lowers depression



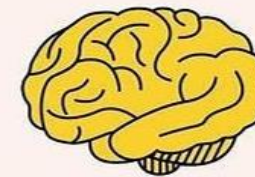
## Manage stress

Try relaxation, as stress exhausts your brain and hormones



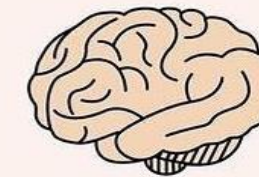
## Read books

Words and stories reduce the risk of cognitive decline



## Avoid substances

Alcohol, drugs and smoking is bad for your brain health



## Digital detox

Too much screen time impacts sleep and will overwhelm the brain





When you understand  
how your brain works,  
you can work your brain.

Jim Kwik 



# SUMBER RUJUKAN

- ❖ Northwestern Medicine Organization  
<https://www.nm.org/>
- ❖ Brain Facts Organization  
<https://www.brainfacts.org/>
- ❖ Neuroversiti oleh Dr. Rizal Abu Bakar  
<https://neuroversiti.com/>
- ❖ Jim Kwik Brain Coach  
<https://www.jimkwik.com/>