

# Experts warn against Christmas Brain Drain

Submitted by: Leader Communications

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Brain training experts are warning that people all across the country will suffer from Festive Brain Drain this Christmas as we switch off our brains and stare at the TV.

Mental agility experts from brain training website <http://www.cannyminds.com> have issued a stark warning that 2010 might get off to a slow start as the British workforce struggle to restart their brains after the Christmas break.

Tim Forrester from Canny Minds said: "Festive brain drain is actually a threat to the successful start of 2010. Everyone deserves a break from work over Christmas but if we aren't careful it could take at least a week for our brains to start firing on all cylinders at the start of the New Year.

"All is not lost however. There are some simple activities which are actually great fun that can also help keep our brains active over Christmas. For example, Crosswords and Sudoku's are a great way of relaxing while keeping the brain active."

Children suffer a similar brain drain sensation after the summer holidays. On average teachers say it takes over a month to get children re-focussed on school work following the summer holidays so any activity which helps keep their brains active will benefit their education greatly.

The best brain training activities to keep mental agility at its peak over Christmas include:

1. Challenging crosswords
2. Suduko
3. Nintendo DS Brain Training
4. Scrabble
5. Chess

Eight-time World Memory Champion and Canny Minds Memory Expert Dominic O'Brien said: "Just as you need to continually exercise your body to stay fit and healthy you also need to exercise your brain and memory to remain mentally agile."

<http://www.Cannyminds.com> is the UK's leading online brain training portal with books, DVDs, audio books, games and puzzles for all ages. As well as an online shop it also offers independent articles and advice along with an interactive games room which includes puzzles and quizzes developed by Mensa puzzle editor Philip Carter.

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