10 Amazing Facts About Your Brain (and Thoughts!)

Your brain is a beautiful place and really quite extraordinary. Read the facts below and enjoy getting to know your brain and how your thoughts create the life you live.

1. Is there a difference between the brain and a person’s mind? Oh goodness, yes. Your brain is the instrument, or processor, of thought. Whereas, “mind” is what your brain produces. Put another way, “mind” is the end product of a working brain. Measuring a working brain would be the same as studying your mind. Also, if you were to cut off a portion of your skull, your brain would be visible and tangible. However, your mind is not tangible and is made up of endless thoughts.

2. The average person processes 400 billion bits of information every second. However, we are only aware of about 2000 bits of information per second. This means that in the amount of time it took me to type this information regarding processing, you have processed 1.2 trillion bits of information and were aware of about 6000 bits.

3. Your attitude is created from a cluster of thoughts pasted together. If they are negative thoughts, you will likely be experiencing a bad attitude. Conversely, if they are positive thoughts, you will be experiencing a positive attitude.

4. We make connections in the brain in two ways – 1) knowledge that we gain and 2) experiences. The end product of an experience is an emotion, which is actually a
vibration in our body. Knowledge and information are for the brain and mind, while experiences are meant for the body.

5. With regard to attention span, the average person’s attention is diverted to something else 6-10 times per minute. This means a loss of focus approximately every 6-10 seconds.

6. Every time you have a thought, you create a chemical in your brain. If you have positive thoughts, you create chemicals that make you feel good. Likewise, if you have negative thoughts, the chemicals created will make you feel bad. If you continue to think the same thoughts, you obviously create more of the same chemicals, which means you perpetuate either the good or bad emotions.

7. Your brain contains many, many neurons, which look like leafless trees. At the third month of life, we create about 8,000 neurons per minute. At the sixth month of life, our neurons begin to make connections and we make about 4 million connections per second until we are about two years old. When neurons connect with other neurons, they exchange information and create a memory.

8. Through your life you experience many things and you allow your brain to create the thoughts associated with these experiences. Your brain, in turn, creates memories of these experiences to use when future similar experiences take place.

9. Your brain wants and strives to be efficient. Because of this your brain will “offer” thoughts that have the most ingrained connections, i.e. they are thought the most often. These types of connections are exceedingly dominant, the most familiar, and the easiest for your brain to process. However, these thoughts may not be serving you and, in fact, may leave you feeling sad, angry, vindictive, spiteful, etc. So, what is the answer? You must mentally rehearse positive thoughts!

10. Did you know that you can respectfully decline your brain’s “offered” thoughts and request new ones to think? You can! And when you do this, you create new neural
pathways, which is very important. Why? Because this means that if you want to change negative thoughts about certain things and experiences, even people, you can do so by rejecting unhelpful and hurtful thoughts and replacing them with positive ones. Doing this can change your life! Some people call it Thought Management. I call it Thought Etiquette.

We should always remember that God made our brains and subsequent thoughts to serve us and not the other way around. Your brain and thoughts should be directed and guided by you. Your brain should not be your master; rather you should be the master of your brain.

If you work to regain control of your thoughts, your life will change for the better. The fact is that your thoughts create your emotions, your emotions create your behavior, and your behavior determines your outcome. So, if your emotions and behavior are not providing the outcomes you want for your life, you need to change your thoughts. When you do this, everything else falls into place.

If you need some help with managing your thoughts, I can help you with your Thought Etiquette. We can work together to banish your non-serving and painful thoughts to create a better life for you. Reach out to me today to schedule a FREE 20-minute session.

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