

UNDERSTANDING INFORMATION- PROCESSING DIFFICULTIES

The speed with which the brain processes information is obviously interrelated to a number of other areas such as our ability to concentrate and our level of consciousness, but, in simple terms, this area of skill is concerned with how fast we can take in, process and act upon information or, in everyday language, 'how fast the cogs turn'. In the field of computer technology, modern computers take in information, process it and act on it with a relatively brief delay, whereas older models whirl and click while processing the information. After a head injury the brain slows down, reverting to the style of the older computer. This slowing down of mental efficiency is often due to 'diffuse axonal damage', meaning the whole of the brain has been shaken up, and the previous efficient transmissions between individuals nerve cells, along millions of different pathways, no longer run as smoothly and efficiently.

IMPROVING SPEED OF INFORMATION PROCESSING

1. Try to keep mentally stimulated but make sure it is the right level of stimulation, not too little and not too much. If there is too much stimulation the brain will just cut it all out. Stimulation is anything that makes a person think and responds. It means a part of the brain is working; chemicals are being passed along those neural pathways. Passively watching television is not as stimulating as talking, playing a game or a puzzle, or doing a mathematical task, all of which actively make a demand on the brain.
2. The type of stimulation is important. Practice doing things that are difficult rather than easy and progressively set more difficult targets to achieve.