

Do you know how your brain works?

Our brains are incredibly complex and amazing things that control everything we do. When we are young, our brain is growing and developing in all sorts of important ways and understanding this can help us to understand our behaviours.

Understanding the brain

Your brain is like a supercomputer - It controls everything you do - thinking, feeling, moving, and more. The brain has 86 billion neurons that act like circuits, sending messages through electrical signals, and like a computer it processes data it receives from other parts of your body, making quick decisions. It also stores memories and knowledge in a way that you can access and use when you need to, and can "reprogram" itself, adapting to new skills and experiences. Your brain also needs power (although not quite as much as a computer!), using about 20% of our energy each day.

Different parts do different jobs - The brain has different regions responsible for various functions. Your prefrontal cortex helps with logical thinking and decision making, while your amygdala is a big part of emotional response and memory. There are also specific areas that deal with key functions including body movement, understanding and interpreting the world around you and forming sentences. Watch this [video](#) for more information.

Neuroplasticity - Your brain is always changing and growing, especially during your teen years. Every time you learn something new, your brain forms new connections, which then helps you develop and remember skills. A teenage brain is still maturing, which might impact rational decision making or risky behaviour, but this doesn't mean teens can't make good decisions, it just means this part of the brain is evolving.

Sleep is essential - Sleep helps your brain recharge, form memories, and process emotions. You should be aiming for 8-10 hours each night. When you don't get enough sleep, your brain doesn't get the chance to rest, process what has happened during the day, and make new memories. This can make it harder to focus, remember things, and think clearly. Read our page on sleep for more tips.

Healthy habits support brain health - Eating a balanced diet, exercising, having quality social interactions and getting good sleep are all important to help keep your brain healthy. It's also important to understand your stress levels and how stress can impact your memory and focus.