



Right Brain Plus Left Brain Equals Whole Brain Maureen Ross, MA

RIGHT BRAIN

Uses language in thinking;
remembers names

Likes to plan activities

Tends to approach the parts of a problem
sequentially; uses logic

Prefers talking, writing, listening

Responds best to auditory stimuli

Often good at math and foreign language

Not subject to motion sickness

Accountants / Administrators / Engineers

LEFT BRAIN

Uses images; remembers faces

Is spontaneous

Tends to look at problems as a
whole; sees patterns; uses intuition

Prefers drawing and moving objects

Responds best to movement &
action, and/or words

Often artistic

Subject to motion sickness

Artists / Social Workers / Counselors

Develop and use your whole brain by trying out activities that increase their function like brushing your teeth with the opposite hand. As we age, another good thing to practice is standing on one foot. It helps to maintain balance! Whatever you use your dominant hand for, try using the opposite, but only when it is safe. You don't want to perform surgery or use sharp objects until you are confident of the "other" side.

**The Places you'll Go, By Dr. Seuss
You have a brain in your head,
Feet in your shoes,
You can steer your life in any direction you choose.
You are on your way,
You know what you know.**