

My amazing brain

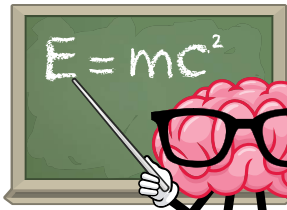
In celebration of Brain Awareness Week, a global campaign to foster public enthusiasm and support for brain science, BrainAbility shares a few fun and interesting facts about our amazing grey matter

From 14-20 March 2022, we celebrate International Brain Awareness Week (BAW). The campaign was founded by the Dana Alliance for Brain Initiatives (DABI) and the European Dana Alliance for the Brain (EDAB) and is co-ordinated by the Dana Foundation. In the 26 years since its founding, it's evolved into a global education initiative which has included the participation of more than 7 300 partners in 120 countries.

Every March, BAW partners across the globe host imaginative activities in their communities that share the wonders of the brain and the impact brain science has on our everyday lives.

BrainAbility, a registered BAW partner for SA, shares these fascinating facts about our amazing brains:

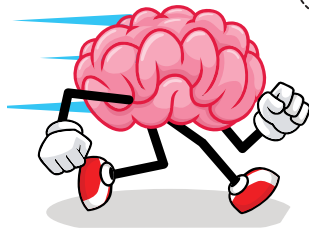




The biggest part of the brain is the cerebrum, which makes up 85% of its weight. The cerebrum controls our movements, thoughts and memory.

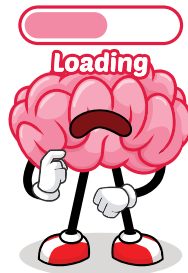


1 Your brain never stops working, even when you're asleep.



2 The human brain is three times bigger than the brain of a chimpanzee (humans' closest primate relative).

3

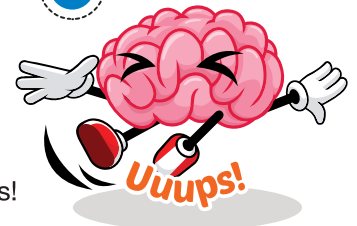


4 Your brain processes about 70 000 thoughts on average per day.

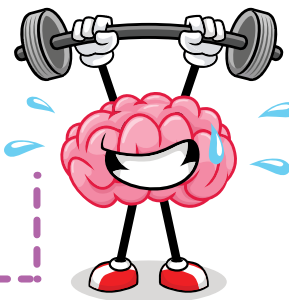
5 Your brain can't feel pain.



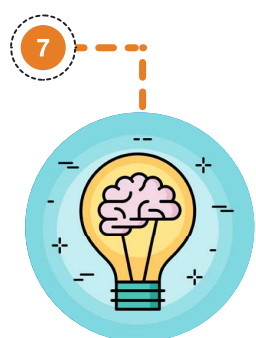
6 Your brain has about 160 934,4km worth of blood vessels – enough to circle earth approximately four times!



7 The brain of an adult weighs around 1,5kg and measures about 16cm long, 14cm wide and 10cm deep.



8 The human brain consists of about 75% water.



9 The texture of a brain is very soft, similar to that of a soft mushroom.

10 Your brain consumes about 25W of power while you're awake – enough energy to illuminate a lightbulb.

11 Your brain has 100 billion neurons – cells known as the grey matter which processes information.

