



How to Effectively Boost Cognitive Control (for Better Communication)?

One Thing to Remember: Effective communication relies on a well-functioning CEN. Managing cognitive load with structured problem-solving enhances conflict resolution and strengthens relationships.

Strengthening Cognitive Control for Effective Communication. The CEN (Central Executive Network) helps us manage cognitive tasks and stress, essential for problem-solving and conflict resolution in relationships. Communication breakdowns often increase cognitive load, making it harder for the CEN to function effectively. Engaging in structured problem-solving and setting mutual goals can help partners manage cognitive demands better, improving their ability to navigate conflicts.

One Thing to Try: Implement a structured problem-solving technique during conflicts. Define the problem, brainstorm solutions, and agree on a plan. This

approach can help reduce cognitive overload and facilitate better communication.

Aidyn and NX10 Team

At Nx10, we're on a mission to harness data on brain function to extend and enhance good quality life years. Imagine a future where everyone enjoys a longer, healthier quality life - that's our vision!

P.S. Got Questions? We're all ears!

P.P.S. Know someone who could benefit from Nx10 newsletter? Forward it to them!

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