



Ever Explored the Three Brain Networks of Happiness?

Our sense of happiness and well-being is deeply rooted in the complex interplay of three key brain networks: the Default Mode Network (DMN), the Salience Network (SN), and the Central Executive Network (CEN).

One Thing to Remember: These three networks work together to shape our thoughts, emotions, and behaviours, playing crucial roles in how we experience and maintain happiness.

1. Default Mode Network (DMN)

The DMN is primarily active during moments of rest and introspection. It lights up when we daydream, reflect on our past, or ponder the future. This network is responsible for self-referential thinking, helping us integrate our experiences and form a coherent sense of self.

One Thing to Try: When we engage in activities that allow our minds to wander, such as reminiscing about happy memories or imagining future possibilities, we activate the DMN, which contributes to our overall sense of well-being.

2. Salience Network (SN)

The SN serves as a critical filter, determining what information is most important and worthy of our attention. It helps us navigate the constant stream of stimuli from both our internal and external environments. By prioritizing significant events and emotions, the SN plays a vital role in emotional regulation and social interaction.

One Thing to Try: this network is particularly active when we experience strong emotions or encounter new and meaningful stimuli, helping us stay attuned to what matters most in our lives.

3. Central Executive Network (CEN)

The CEN is engaged during tasks that require high-level cognitive functions, such as problem-solving, decision-making, and maintaining focus. This network helps us manage our thoughts and actions, allowing us to stay organised and achieve our goals.

One Thing to Try: by supporting our ability to plan, make decisions, and control our impulses, the CEN contributes to a sense of mastery and accomplishment, which are key components of happiness.

Over to you: how will you optimise these brain networks for greater happiness?

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!

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