The Conscious & Unconscious Nervous System

Because it governs our body's basic functions and all conscious thought, the Central Nervous System is probably the most essential element of the body. They are safely enclosed within bones due to their importance, with the skull safeguarding the brain and the spine protecting the spinal cord.



The brainstem, cerebellum, and forebrain are the three primary components of the brain. These are described in further detail below:

Brainstem: The lowest section of the brain, which connects with the spinal cord, is known as the brainstem. The medulla oblongata, midbrain, and pons are all part of it. The brainstem serves as a link between the brain and the rest of the central nervous system. This section of the brain was the first to be discovered in the evolutionary chain, but it has evolved into the two other components over time and through evolution. More complicated processes are left to the more evolved parts of the brain, as detailed below. It is largely concerned with life support and fundamental activities such as movement.

The Cerebellum: Consisting of two hemispheres, the cerebellum is responsible for somatic motor function, muscle tone control, and balance maintenance. The structure is located beneath the occipital lobe and near the brainstem.

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ability to recognize the importance of learning and to do so provides us with the means to learn more about ourselves and our surroundings.

Intelligence

Intelligence allows us to use abstract ideas and apply logic to our arguments in order to justify our actions. People's intelligence is affected by a variety of factors, including heredity, the local environment, and even food.

It's crucial to remember the following:

- Knowledge is the ability to gather and retain knowledge.
- Intelligence is the ability to interpret this information to one's benefit, such as answering properly on an exam by making the greatest use of the information one has.

Creativity

Being creative does not necessitate intelligence. It's a common mistorneeption that technically minded folks aren't as creative as these way aren't as technically minded.

technically minded. It is thought that creativity is enabled to the right hemisphere of the brain, whereas technical information is processed in the lot. It's worth mentioning that many of the world's most famous creative people, including all of the world's most kinous writers areas, and musicians, were all brilliant people.

A variety of factors influence creativity, some of which are listed below:

- **Motivation** If a person does not want to use their creativity, they will not do so.
- **Personality** People's diverse inclinations and decision-making styles make our choice of creativity distinctive, and as a result, the decisions taken in producing something will differ from person to person.
- **Parental Guidance** Because parents are the most important link in the learning process from birth to maturity, their learning, as well as their creativity and intelligence, will rub off on those they teach, as well as the people with whom you interact.

Moreover to the last factor, it is worth considering that any factor in the external environment will be a factor in your creativity. If someone offered you a million euros to write a good poem, you may instantaneously feel more creative!

Spatial Awareness

Because the environment we live in is three-dimensional, understanding it requires a three-dimensional approach. As a result, the eyes must be used to determine height, width, and depth.

Because of the position of the eyes on the skull, this is conceivable. The right eye picks up vision in the left hemisphere and the left eye picks up vision in the right hemisphere when positioned on either side of the nose.

The images captured by the eyes are presented upside down on the retina of each eye. The brain will interpret the three-dimensional values of the external environment at a very rapid and effective rate as this is viewed as the right way up.

<u>Illusions</u>

The physiological state of the brain might diverge from the norm and lead to the onset of a mental disease. Illusions are a sign of these types of mental illnesses. It is, nonetheless, possible to deceive the sensators of a completely healthy brain. Illusions, such as mirages in the decert, are generated by deception of the senses, which lead too there is something out there when there isn't.