

Try these easy short-term sharpness boosters—inspired by new research—before your next Big Moment in front of the boss.

GOT ONE MINUTE? Test Your Memory

Look at whatever's directly in front of you for 30 seconds. Now close your eyes and visualize what you saw. Without looking up, write down 10 items you just spied. This forces your brain to use both its language and visual areas, says Shelley Carson, Ph.D., author of *Your Creative Brain*. It's a perfect tune-up before an important presentation.

GOT TWO MINUTES? Crank Up Some Music

Upbeat songs increase levels of the feel-good brain chemical dopamine.



Specs or no specs, you'll feel smarter!

And "being in a good mood inhibits parts of the brain that are critical," explains Carson, "so you're better able to come up with creative solutions."

GOT SEVEN MINUTES? See Green

Can't leave your cube? YouTube "nature montage," then take seven minutes to look at images of land, sea and sky. Nature's restful effect can enhance memory and attention almost 20

percent, a small University of Michigan study found.

GOT 10 MINUTES? Play More

Ten minutes of non-violent video games like Tetris quickens your thought processes, letting you make decisions and see connections faster. Bonus: Video games distract you from anxieties, which can hamper quick thinking.

GOT 15 MINUTES? Have Some Coffee!

Or tea, for that matter: Caffeine revs up the central nervous system and boosts the hormone norepinephrine, which acts like "brain adrenaline," says Carson. You'll see an improvement in attention and problem solving. Just don't have more than two cups: Jitters ruin everything! —Jennifer Matlack

HEALTH ANSWERS, PLEASE!

From JoAnn E. Manson, M.D.



I'm overwhelmed at work and not feeling like myself. Could stress be making me sick? —J.S., Tallahassee, Fla.

Definitely. Chronic stress weakens your immune system, making you more likely to catch colds. It's also a major risk factor for heart disease (even in women under 50), type 2 diabetes, obesity and depression, and may even cause cancer to spread faster. Changes in your sleeping or eating habits, as well as anxiety attacks, are often the first warning signs that stress is endangering your health.

I can't quit my job, so what can I do?

Attack the source of the stress. You can almost always find strategies to ease a conflict, even if it's with your boss. Next, get regular exercise—it reduces stress hormones. Third, try relaxation techniques like yoga or meditation. Do not accept an overstressed life as your new normal.



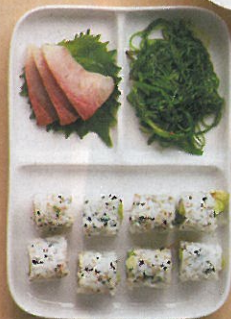
Glamour contributing editor JoAnn E. Manson, M.D., is chief of the division of preventive medicine at Boston's Brigham and Women's Hospital, a professor of medicine at Harvard Medical School and a lead researcher on several women's health studies. Got a Q of your own? E-mail Dr. Manson at healthhelp@glamour.com.

Eat...more!

We do the calorie math for you.



You Can Have This
Shrimp tempura roll
(8 pieces)
533 CALORIES,
26.7 GRAMS FAT



Or All This
1 California roll (8 pieces),
1 cup miso soup, seaweed salad and
3 pieces yellowtail sashimi
484 CALORIES, 11.7 GRAMS FAT

SO REMEMBER: Avoid "special" rolls with fried and mayo-laden fillings, and you could have a whole sushi dinner—including seaweed salad, sashimi and soup! —Marissa Lippert, R.D.