

## 2 Reasons Why We Need to Spend More Time Thinking About Nothing, According to a Psychologist

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According to a classic [study](#) published in *Perspectives on Psychological Science*, it is likely that the more we use our brains, the less age-related cognitive decline we experience. But what does this really mean? Does it mean that we all need to become around-the-clock thinkers and information processing machines? Probably not.

Humans are expected to keep up with the blazing speed of [technological advancement](#) today. This inevitably leads to the fast-paced life we are all familiar with. Given the relentless pace of modern life, it is unsurprising that the prevalence of mental illness is increasing.

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