

## Mental Health: Cognitive interventions in neural networks for resilience

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Cognitive science, by intervening in neural networks, claims to offer a new approach to treatment and cognitive and behavioral changes. In any activity, one or more brain neural networks are activated and the neural circuit or circuits may be mutually and simultaneously deactivated. Therefore, intervention as a means to facilitate the activation or deactivation (stimulation or inhibition) of neural networks can cause changes in cognition and behavior of individuals. Resilience is an important cognitive function that several brain circuits are involved. The current presentation, as a review study, examines these circuits and proposes strategies as interventions in these networks to increase resilience. In Neuro-cognitive interventions, parts of the brain (circuits) are stimulated and affected through using medication, electrical or electromagnetic stimulants, mental activities or certain behaviors. In the present study, mental and behavioral exercises have been taken into consideration. Exercises and activities that are done mentally or in the form of behavior and doing so will enhance resilience by affecting brain circuits. These interventions cause changes in cognitive functions such as attention, memory, inhibition, emotion regulation, decision making, and other cognitive functions. Most of these changes result in prevention of ego depletion, self-awareness in the form of introspection and extroversion, changes in memory and memory retrieval, reinterpretation, emotion regulation.

The purpose of this study is to provide cognitive and behavioral methods that listeners, including therapists, parents, school officials and educators of children and adolescents, can contribute to resiliency

by presenting and performing these behaviors and transmitting them to their children so that their self-control can be increased. These findings can be used as complementary therapeutic techniques in clinics or behavioral training to parents.

Cognitive psychology is the scientific study of mental processes such as “attention, language use, memory, perception, problem solving, creativity, and thinking”. Much of the work got from intellectual brain research has been incorporated into different other current teaches, for example, intellectual science and of mental examination, including instructive brain research, social brain research, character brain science, irregular brain research, formative brain science, phonetics, and financial aspects. Psychological science is the interdisciplinary, logical investigation of the brain and its procedures. It inspects the nature, the errands, and the elements of comprehension (from a wide perspective). Subjective researchers study insight and conduct, with an attention on how sensory systems speak to, process, and change data. Intellectual capacities of worry to psychological researchers incorporate language, discernment, memory, consideration, thinking, and feeling; to comprehend these resources, subjective researchers acquire from fields, for example, semantics, brain science, man-made brainpower, theory, neuroscience, and human sciences. The common examination of subjective science traverses numerous degrees of association, from learning and choice to rationale and arranging; from neural hardware to particular cerebrum association. The central idea of subjective science is that “thinking can best be comprehended as far as authentic structures in the psyche and com-

putational strategies that work on those structures.”

Psychological science is the interdisciplinary investigation of comprehension in people, creatures, and machines. It includes the customary orders of brain research, software engineering, neuroscience, human sciences, etymology and theory. The objective of intellectual science is to comprehend the standards of insight with the expectation that this will prompt better understanding of the psyche and of learning and to create smart gadgets. The subjective sciences started as a scholarly development during the 1950s frequently alluded to as the psychological transformation.

Psychological science is an interdisciplinary field with patrons from different fields, including brain research, neuroscience, etymology, theory of brain, software engineering, humanities and science. Intellectual researchers work all things considered in anticipation of understanding the psyche and its co-operations with the encompassing scene much like different sciences do. The field views itself as good with the physical sciences and utilizations the logical technique just as reenactment or demonstrating, frequently contrasting the yield of models and parts of human comprehension. So also to the field of brain research, there is some uncertainty whether there is a bound together intellectual science, which have driven a few specialists to incline toward ‘subjective

sciences’ in plural.

Many, yet not all, who see themselves as intellectual researchers hold a functionalist perspective on the brain—the view that psychological states and procedures ought to be clarified by their capacity — what they do. As per the various feasibility record of functionalism, even non-human frameworks, for example, robots and PCs can be attributed as having comprehension.

The expression “cognitive” in “cognitive science” is utilized for “any sort of mental activity or structure that can be concentrated in exact terms” (Lakoff and Johnson, 1999). This conceptualization is exceptionally wide, and ought not be mistaken for how “intellectual” is utilized in certain conventions of investigative way of thinking, where “subjective” needs to do just with formal principles and truth restrictive semantics.

The most punctual sections for “subjective” in the OED interpret it as meaning generally “relating to the activity or procedure of knowing”. The main section, from 1586, shows the word was one after another utilized with regards to conversations of Platonic hypotheses of information. Most in subjective science, in any case, probably don’t accept their field is the investigation of anything as sure as the information looked for by Plato.