

Brain Rot

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Introduction

Many people suffer from a state of rot as an inevitable result of continuous viewing of phones or smart tablets, as continuous and crazy viewing of such devices contributes to creating a state of weakness in human perception of everything around him and puts him in a state of temporary coma in feeling material things as well as things with a moral dimension. Such a matter may make a person indifferent to what he is going through and make him live in a state of mental winter and brain fog that he may go through while awake or asleep. Such a matter may be closer to causing a person to suffer from a state of madness, loss of self-confidence and a feeling of alienation.

To avoid a person going through a state of brain rot, the following must be followed:

- Be preoccupied with the requirements of life related to eating, drinking, clothing and positive interaction with the material and human environment.
- Attachment to spiritualities associated with religion and religious beliefs.
- Turn to drinking natural herbs such as sage, mint, cumin, chamomile, honey and anise.
- Stay away from medications and drugs that may increase side effects.
- Stay away from noise and loud sounds and try to go to nature and hear its sounds.
- Read quiet books from their paper sources.
- Stay away from watching crime, pornographic or horror movies.

Conclusion

The brain rot that children go through before adults is a phenomenon that deserves study, especially when we see behaviors and actions characterized by violence, bullying, excessive nervousness, unjustified screaming during sleep, and excessive crying when feeling lonely, in addition to the pain that a person feels in his head, especially in the back of it when exposed to a simple cold breeze... All of these things make us sound the alarm in preserving ourselves and our children by not focusing on cell phones and smart tablets and spending most of the day and night watching appropriate and inappropriate audio and film clips, especially after the spread of many fabricated clips that deceive our children's minds about the importance of deviance in all its forms.