

1:01 Am July 31st

This is just a test blog to see how hard
writer notes can be used for this
blog thing...

Now think, the thoughts here will be drafts of what the
blog should be —

Re-fresh

I see it as two sides - strictly neurological perspectives.
The brain likes routines, cycles - but the brain also
likes to learn, be curious.

So, refreshment in my view (simple as it may be) is
of two types, it can be the novel symbol or routine
going for their novel workout at the start or end of
something that causes the need for refreshment.

The other is the new, something as simple as starting a new
book, picking up a new hobby, trying, creating, just doing something
"new". In my view, this sort of refreshment is of
greater value - it has a bigger dopamine/reward
pathway trigger; and is often more expensive too - tying
both these ideas together. (It's expensive for your brain -
more curious, more need for bigger change over time & for your
bank account/physical resources.

Now, the need for refreshment - or what causes that
need. This is, going to lead to a much bigger conversation
on philosophy - specifically stoicism.