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## Worlds hardest games

Action adventure movies often feature long journeys full of mysterious elements before the hero or heroine finds a map, puzzle or locked box holding the keys to great wealth or to save humanity from destruction. Indiana Jones, Lara Croft and others met their struggle in the form of puzzles and ciphers, some lying on standby and trapped since antiquity. In real life, though, the puzzle is both the journey itself and the destination. Those who love a good puzzle do so for the exercise itself and the satisfaction of completing the challenge and finding a solution. Many puzzles, whether mathematical problems, word challenges or physical objects such as 3-D puzzles and encoded cubes, include staying at home, one-on-one, man versus puzzle, while others combine an object and a quest into the natural world outside the game. Isis Adventure, often called the toy in the world, begins as players find a way to open a round puzzle they can hold in their hands. Once inside, a key leads them to a search for a real hidden prize. It is, after all called adventure, so removing the puzzle itself from the box is just the beginning. Advertising Some puzzles that came before the ISIS adventure have a reputation among gamers as just as difficult -- or even harder -- than ISIS, an example is the book and treasure hunt known as Disguise, written and illustrated by Kit Williams. Masquerade was published in 1979 and sold more than 1 million copies. Readers studied the images and clues in the book and tried to identify the actual locations in England where they could go digging for real buried treasure in the form of a golden rabbit rabbit talisman. Two physicists found the bunny in 1982, winning the challenge and ending the hunt. In 2005, The Embarrassment City started online and was similar to Masquerade in that it had a mystery to solve involving a complex story leading to a real location. The winner defeated 50,000 players from 92 countries and found the buried mystery cube, winning the \$200,000 prize [sources: Amrich; Bbc? Crotosky]. After these games were solved, Disguise ended completely, while Embarrassment City was scheduled to release a new challenge, but by 2011 it was still pending. These alternative reality games (ARGs) combine a mystery puzzle with a complex story or cryptography and merge it into real locations and prizes for those who solve both parts -- the alternate reality and the, well, real reality. Tens of thousands of people in the world have tried their hands at ARGs, either alone or in the community with their fellow players, and Isis Adventure is underway with a projected finish in 2015. But is it an ARG or something more or less puzzling? Are you playing to learn more? See how the ISIS adventure is played, then. Keep up with the latest daily buzz with the BuzzFeed Daily newsletter! Seth Preibatsch of Scvngr gets a lot at SXSW this week for its presentation, entitled The game layer on top of the world. He showed some of his ideas by applying them to our education system, calling it a poorly designed game. His speech owes a great debt to Jane McGonigal who is a researcher in games and how they can be used to improve society. Her label line and the title of her new book is Really is Broken. Truth? Is gaming, currently used by many to distract themselves from reality, going to help people create a new reality? Or did he say otherwise, do we have to put a layer of play in the world? Don't get me wrong, I understand that gambling is a huge industry. It's the gaming talk that gives me pause. Putting a layer of play into my world seems to me to be a different shade of happiness madness that we are experiencing right now. Where the pursuit of happiness has become a pressure to be happy and global issues need to be fed spoon to citizens, such as vitamins in a steak in a dog. It makes me curious what would happen if Seth and Jane were locked in a room with Amy Chua. I still applaud what Seth and Jane are trying to do--discover ways to motivate people to care about themselves, their families, and their worlds. Most motivational and behavioral research will tell you, however, that no amount of exogenous motivation will produce long-term, sustainable results and that to really change one's behavior the motivation has to come from within. Does it make sense to get there with the toys? While the game is an inherently motivated activity, gaming suggests a build that can actually take away from what people like Seth and Jane hope to achieve in society. Last updated on November 12, 2020 If you find that you feel tired all the time, it is important to understand that it is a common problem for many. With all the demands of everyday life, being tired seems to be the new base. In fact, two-fifths of Americans are tired most of the week. If you're tired of feeling exhausted, then I have great news for you. New research helps us gain critical insights into the underlying causes of feeling tired all the time. In this article, we will discuss the last reasons why you are so tired and practical steps that you can take to finally get to the bottom of your fatigue and feel rested. What Happens When You're Too Tired If You Sleep Just Two Hours Less Than The Normal Eight you could be as weakened as someone who has consumed up to three beers. And you've probably experienced the impact yourself. Here are some common examples of what happens when you feel tired: Focus problem because memory and learning functions can be impaired. Experience mood swings and inability to differentiate between what is important and what is not. Black circles under your eyes and/or skin make you look dull and dull in short short and over time your skin can pick up wrinkles and show signs of aging because your body didn't have time to remove toxins during sleep. I find it harder to do. The immune system can weaken, causing you to get infections more easily. Overeating because it doesn't get enough sleep activates the body's endocannabinoids, even when you're not hungry. Metabolism slows down, so what you eat is more likely to be stored as belly fat. Why do you feel tired all the time? Leading experts are beginning to recognize that there are three main reasons people feel tired on a regular basis: sleep deprivation, fatigue, and chronic fatigue syndrome (CFS). Here's a quick overview of every common cause of fatigue and feeling tired all the time: Fatigue occurs from sleep deprivation when you don't have high-quality sleep consistently. Usually it can be solved by changing your routine and getting quite deep, restorative sleep. Fatigue occurs from prolonged insomnia, which could be caused by many health problems, such as mental health problems, long-term illness, fibromyalgia, obesity, sleep apnea, or stress. It can usually be improved by changing your lifestyle and using sleep aids or treatments if recommended by your doctor. Chronic fatigue syndrome (CFS) is a medical condition also known as myalgia encephalomyelitis that occurs from persistent exhaustion that does not go away with sleep. The exact cause of CFS is not known, but it may be due to problems with the immune system, a bacterial infection, a hormonal imbalance, or emotional trauma. It usually involves working with a doctor to rule out other diseases before diagnosing and treating CFS. Always consult a doctor to get a personal diagnosis about why you feel tired, especially if it is a serious condition. You can learn more about some causes of fatigue in this video: Feeling Tired Vs Getting tired If lack of quality sleep doesn't seem to be the root cause for you, then it's time to explore fatigue as the reason you often feel tired. Until recently, fatigue and fatigue were considered interchangeable. Leading experts now realize that fatigue and fatigue are different. Fatigue is mainly for lack of sleep. However, fatigue is a perceived sense of fatigue that is much more likely to occur in people who have depression, anxiety, or emotional stress and/or are overweight and physically inactive. Symptoms of Fatigue Include: Difficulty Concentrating Low Strength Difficulty Sleeping Anxiety Low Motivation These Symptoms May Sound Similar to fatigue, but usually last longer and are more pronounced. Unfortunately, there is no definitive reason why fatigue occurs because it can be a symptom of an emotional or physical illness. However, there are still some steps you can take to reduce difficult symptoms by doing a few lifestyle changes. How much sleep is enough? The number one reason you may feel tired is because of sleep deprivation, which means you don't get enough high quality sleep. Research shows that most adults need 7 to 9 hours of high quality, uninterrupted sleep per night. If you are sleep deprived, the amount of sleep you need increases. The key to sleep quality is to be able to get long, uninterrupted sleep cycles throughout the night. It usually takes 90 minutes to get to a state of deep REM sleep where your body's healing crew goes to work. Ideally, you want to get at least 3 to 4 deep rem sleep cycles per night. That's why it's so important to stay asleep for seven or more hours. Research also shows that people who think they can cope with less sleep don't perform as well as people who get at least seven hours of sleep a night If you don't get 7 hours of high-quality sleep regularly, then sleep deprivation is the most likely reason you feel tired all the time. This is really good news because sleep deprivation is much simpler and easier to treat than other deeper causes. It is also a good idea to rule out sleep deprivation as the reason why you are tired before moving on to other possibilities, such as fatigue or chronic fatigue syndrome, which may require a doctor to diagnose and treat. 4 Simple changes to reduce fatigue personally, I am a believer in upgrading your lifestyle to elevate your life. I overcame chronic stress and exhaustion by making these four changes to my lifestyle: Eating healthy, homemade meals versus microwaving processed foods or eating out Exercise regularly Using stressbusters using stressbusters Creating a better sleep routine After I made the 4 simple lifestyle changes I no longer felt exhausted all the time. I was so excited that I wanted to help others replace stress and exhaustion with rest and well-being, too. That's why I became a certified holistic Wellness Coach through the Dr. Sears Wellness Institute. Interesting enough, I discovered that Dr. Sears recommends a somewhat similar L.E.A.N. lifestyle: L is about lifestyle and means living healthy, including getting enough sleep. E is for exercise and means getting at least 20 minutes of physical activity a day, ideally for six days a week. A is for posture and means thinking positive and reducing stress whenever possible. N is on the diet and means stressing a proper fat diet, not a low fat diet. The L.E.A.N. lifestyle is a proven way to reduce fatigue, reach optimal weight and achieve overall well-being. Living Healthy Getting Enough High Quality Sleep Every Day is the suret way to help you feel less tired, more rested, and better overall. In fact, if you don't get enough sleep, your body doesn't take the time it needs to repair itself, which means that if you suffer you suffer a disease, is much more likely to be delayed. In fact, long-term sleep deprivation has been linked to an increase in Alzheimer's disease later in life. As unlikely as it sounds, though, fatigue can sometimes make it hard to sleep. That's why I recommend taking a look at your sleep routine before you go to bed and optimize sleep-based best practices. Here are 3 quick and easy tips for creating a sleep routine in favor of sleep: 1. Unplug many of us trying to relax by watching TV or doing something on an iPhone or tablet. However, the technology can affect your melatonin production because of the blue light they emit, tricking your body into thinking it's still daylight. That's not going to help you stop feeling tired all the time. Try to turn off all technology one hour before bed and create a technology-free zone in your bedroom. 2. Relax Use the time before bed to do something you will find relaxing, such as reading a book, listening to relaxing music, meditating, or taking an Epsom salt bath. 3. Get comfortable Ensure that your bed is comfortable and your room is set for sleeping. Make sure the room is cool. 60-68 degrees is the ideal temperature for most people to sleep. Also, it is ideal if your bedroom is dark and there is no noise. Finally, make sure everything is handled (e.g., fixing tomorrow's clothes) before you get into your nice, comfortable bed. If your mind is still active, write a to-do list to help you sleep faster. This article also offers practical tips to build a bedtime routine: How to build a good bedtime routine that makes your morning exercise easier Many people know that exercise is good for them, but just can't figure out how to fit it into their busy schedules. This happened in my case, but when my chronic anxiety and exhaustion turned into systemic inflammation (which can lead to major diseases like Alzheimer's), I realized it was time to change my sedentary life. I decided to start swimming because it was something I always liked to do. Find an exercise you love and stick to it to stop feeling tired all the time. Ideally, get a combination of endurance training, strength training and flexibility training during the 20-minute daily workout. If you haven't exercised in a while and have a lot of stress in your life, you may want to give yoga a try as it will increase your flexibility and will reduce your stress. Stop Stress can be an important reason why you don't feel well all the time. At least that's what happened with me. When I was working 70 hours a week as a high-tech executive, I felt chronically stressed and exhausted, but there was one thing that always worked to help me feel calmer and less tired: Breathing. But not any old breath. It was a special form of deep breathing Yogic called Long-Explore Breathing or 4-7-8 Breathing (or Pranayama in Sanskrit). Here's How You Can Make Long-Exhale Long-Exhale Sit in a comfortable position with your spine straight and your hand on your belly. Inhale deeply and slowly from your diaphragm with your mouth closed while counting to 4 (ideally until your stomach feels full of air). Hold your breath while you mentally count to 7 and enjoy the stillness. Exhale from your mouth with a ha sound while counting to 8 (or until your stomach doesn't have more air in it). Pause after you finish your exhale while you notice the feeling of fullness and relaxation by completing a conscious, deep breathing. Repeat 3 times, ensuring your exhale is greater than your inhalation in order to relax your nervous system. This type of long-term exhalation has been scientifically proven to reduce stress. When your exhale is twice as much as your inhalation, it soothes your parasympathetic nervous system, which regulates the relaxation response. Diet Diet is vital to combat fatigue if you feel tired all the time -- after all, food is your main source of energy. If your diet is poor, then this means you are not getting the nutrients you need to maintain healthy energy levels, which can lead to daytime sleepiness. Eating a diet for fatigue doesn't have to be complicated or time consuming though. For most people, it's just a case of swapping some unhealthy foods for some healthier, such as switching from low-fiber, processed foods to whole foods, high-fiber foods. Here are 9 simple diet swaps you can make today: Replace your morning coffee with matcha green tea and drink only herbal tea within six hours of bedtime. Add a healthy fat or protein to every carbohydrate you eat, especially if you eat before bed. Fill with fiber, especially green leafy vegetables. Replace refined, processed, low-fiber pasta and cereals with zucchini noodles and whole grains such as buckwheat, quinoa, sorghum, oats, amaranth, millet, teff, brown rice, and corn. Swap natural sweeteners for refined sugars, and try to ensure that you don't get more than 25g of sugar a day if you're a woman and 30g of sugar a day if you're a man. Replace ice cream with low-sugar alternatives. Swap omega-6, partially hydrogenated oils such as corn, palm, sunflower, tibia, cotton, canola and soybean oil for omega-3 oils such as flax, olive, and walnut oils. Replace high-quality yogurts low-sugar and dairy-free sugar. Swap your sugar-laden soda for sparkling water with a splash of low sugar juice. Also, make sure that your diet gives you enough of the daily essential vitamins and minerals. Most of us don't get enough vitamin D, vitamin B-12, calcium, iron, and magnesium. If you are low in any of the above vitamins and minerals, you may experience fatigue and low energy. That's why it's always worth having your doctor check your levels. If you find any of them are low, then try to eat foods rich in them. Alternatively, you may consider a high quality multivitamin or Supplement. If you are tired of feeling tired all the time, then there is huge hope. If you're tired because you're not getting enough high-quality sleep, then the best treatment is a sleep-based sleep routine best practices. If you are tired because you have anxiety and fatigue, then the best treatment is four simple lifestyle changes discussed above. Overall, adopting a healthier lifestyle is the ideal treatment to feel more rested and energized. More tips to stop feeling tired throughout the timeFeatured photo credit: Cris Saur via unsplash.com unsplash.com

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