



BUSINESS VITAMINS

Mind Map / Mind Map Diagram

Introduction

Have you heard the term Mind Map before? The Mind Map has become a popular concept used by companies; however, this concept is useful for different life situations and that's because Mind Maps are a useful technique that supports learning, improves information recording, shows how different facts and ideas are related, and enhances creative problem solving.

The first known mind map originates from around 300AD. It was drawn by the ancient philosopher, Porphyry, and shows the relationship between the material and immaterial things in this world. Nevertheless, the term "mind mapping" first appeared in 1974 thanks to Tony Buzan, a British psychology author and TV presenter, whose methods were inspired by those of Leonardo da Vinci, Albert Einstein, and Joseph Donald Novak. This method is also well known as "radiant thinking" and its main goal is to organize the different ideas related to a central one.

Vitamin Definition

A Mind Map is a graphical way to represent ideas, tasks, concepts, or items linked to and arranged around a central concept or subject.

Usage of the Vitamin

Mind Maps are a great tool when you need to think creatively and can help you to make new connections between ideas. This is useful when you have problems to solve as also, when you need to easily remember an specific topic.

Vitamin Details

Mind Mapping has become popular gives you all the information you need at a single glance in a memorable way.

Brainstorming and solving complex problems with mind mapping are a fun and visually appealing way to remember information. A Mind Map let you capture thoughts, ideas, and keywords on a blank canvas. Two-dimensional maps are used to organize these ideas, with the title/main idea always located in the center for easy identification. All ideas radiate outward from the center, forming a radiant structure. Our minds use these associations to navigate a vast pool of information to make faster decisions as they radiate out (or in) from different connection points.

Mind mapping helps us improve memorization by providing context and visual cues for complex information which helps the brain to remember visual associations, generate and store new information.

Additionally, by converting a blank page into a flowchart of branches and sub-branches, mind maps are particularly effective ways to inspire creative, outside-the-box thinking, it encourages you to view the central concept from different angles, which can inspire new ideas.

The mind maps are also helpful in breaking down complex problems into their component parts so that solutions can be developed.

There's something we need to point it up here, even when they are similar, Mind Maps and Concepts Map are not the same: the Mind Map has a circular structure, is focus on one concept and is fast, spontaneous and reflects the vision about a particular topic, however, a Concept Map illustrates the relationships between concepts and ideas (the focus is on many not only one), making it possible to analyze information, compare and contrast them.



EXAMPLES:

Life has become stressful, and we all have busy schedules, so we need to save some time for ourselves and focus on our mental peace. You are a part of a mindfulness training, and your first task is to mind map easy ways of enhancing mindfulness and reducing stress.

Mindfulness is the central topic, now you are thinking of different things that help you to deal with stress: your hobbies, sleeping, meditation, diet, and your current job (these topics become branches).

That thrives you to think in which type of things you could start doing to reduce the stress and empower your mindfulness state.

That gives you different ideas of activities you can start adding to your life and the one you could cut off to take care of your mental peace. Those ideas become part of each branch.

