

Tips to Improve Your Memory

Exercise and Sleep

When you exercise your body, you're also exercising your brain. Exercise increases the flow of oxygen to your brain, which lowers the risk of diseases that can lead to memory loss, like diabetes and cardiovascular disease. Exercise may also increase the flow of chemicals in the brain that protect brain cells. Sleep is necessary for memory consolidation. This happens during the deepest stages of sleep. If you are sleep deprived you may have difficulty remembering things, problem-solving, being creative or just handling the everyday activities of life.

Make Time for Friends and Fun

Relationships stimulate the brain. We are not meant to live in isolation. Research shows that relationships and a strong support system are very important to our emotional well-being and brain health. Laughter really is the best medicine. Laughter engages many areas of the brain. Listening to jokes and figuring out the punch line activates the learning and creativity areas of the brain. Spend time with people who like to have fun and are fun to be around.

Minimize Stress

Over time, chronic stress can destroy brain cells. One good way to minimize stress is through meditation. Meditation can help improve conditions like stress, depression, anxiety and chronic pain. Meditation can also improve focus, concentration, creativity and learning and reasoning skills.

Healthy Eating

Eating a heart-healthy diet based on fruits, vegetables, whole grains, healthy fats like olive oil, nuts and fish and lean protein will provide many health benefits and will also improve memory and overall brain health.

Give Your Brain a Workout

The brain needs stimulation to keep growing and developing regardless of chronological age. Try things like reading different kinds of books or solving crossword puzzles. Take up new hobbies like learning how to play a new instrument, computer classes, chess, needlepoint or dancing.

Whatever you decide to do remember the activity should be new to you, challenging and fun!

