

KEEPING YOUR MEMORY SHARP

10 HELPFUL TIPS FROM INSPĪR

- 1 MEMORIZE SOMETHING DAILY**
Memorize a simple joke or fact.
- 2 KEEP LEARNING**
Experts think that advanced education may help keep memory strong by getting a person into the habit of being mentally active. Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them. Read, join a virtual book group, play online chess or bridge, write your life story, do crossword or jigsaw puzzles, pursue music or art, or design a new garden layout.
- 3 READ ALOUD DAILY**
When reading out loud, we form auditory links in our memory pathways. We remember ourselves saying it out loud, and not only form visual but also auditory links.
- 4 ECONOMIZE YOUR BRAIN POWER**
If you don't need to use mental energy remembering where you laid your keys, you'll be better able to concentrate on learning and remembering new and important things. Designate a place at home for your glasses, purse, keys, and other items you use often.
- 5 WRITE DOWN 10 THINGS YOU ARE GRATEFUL FOR**
Studies show those who are optimistic and self-assured have a good working memory.
- 6 REPEAT WHAT YOU WANT TO KNOW**
When you want to remember something you've just heard, read, or thought about, repeat it out loud or write it down; that way, you reinforce the memory or connection. Don't hesitate to ask for information to be repeated if you are having a hard time remembering.
- 7 DO A PHYSICAL ACTIVITY 3-4 TIMES PER WEEK**
Go for a walk for a few minutes a day, even if it is around your home. Mental and physical health go hand and hand.
- 8 LISTEN TO MUSIC**
Our brains are hard-wired to connect music with long-term memory; music taps into deep emotional recall.
- 9 BE WELL RESTED**
Get between 7-8 hours of sleep.
- 10 SWITCH THINGS UP**
Challenge your brain by eating or doing another task using your non-dominant hand.

REACH OUT FOR MORE INFORMATION ON HOW TO STAY HEALTHY AND ACTIVE DURING THIS CHALLENGING TIME. WE ARE HERE TO HELP!



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