

THE SCIENCE OF MEMORY: IMPROVING RETENTION



Memory is used in every moment of life.

Memory allows us to learn about the world and adapt to it. There are ways to facilitate the process, protect against memory decline, and enhance our ability to retain information. Many of these are easy to incorporate in your everyday life

Here are some tips to keep your memory sharp:

1

Stay mentally active: crossword puzzles, read, play board games, try a new hobby, or volunteer

2

Spend time with others: social interactions help decrease depression and stress, both which can be factors of memory loss

3

Sleep well: not getting enough sleep has been linked to memory loss. Make it a priority to get enough sleep

4

Repeat what you want to know: when there is something you want to remember reread it, say it out loud, or write it down to reinforce the memory

5

Eat a healthy diet: fueling your brain with good food will give your brain the nutrients to perform at its peak

6

Create mnemonics: this is a creative way to stay mentally active and make lists to remember important information