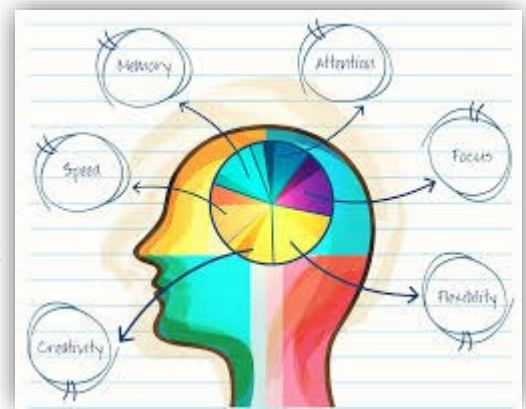


## Boosting Your Memory

You are not alone if you forget things like where you parked your car, where you last placed your cell phone, and the name of someone you see occasionally. Forgetfulness can be a normal part of aging. Fortunately, experts say that you can boost your chances of remembering if you start exercising your brain —no matter what age.

## Boosting Your Memory

- **Get organized.** One way to boost your memory is to add organization to your life. Organization tips include: following a daily routine, planning out your day, and making a to-do list.
- **Make sleep a priority.** Research has found that sleep can strengthen memories—particularly those considered important to have in the future.
- **Make some changes to your diet.** Some foods that have been known to be helpful for your memory include: dark green, leafy vegetables, berries, peanut butter, and whole grains. Another specific nutrient you want to include in your diet are foods that contain docosahexaenoic acid (DHA) like salmon, trout, and some fortified foods like yogurt.
- **Play card games.** The combination of strategy and memory required for playing card games challenge the brain to learn new information and exercise cells that don't die.
- **Socialize with others.** Research finds that social isolation and loneliness can put people at a higher risk for memory and cognition issues. If you find that you are spending a lot of time alone, try adopting a pet, restarting a hobby, or join a community group.



- **Play electronic games.** Playing electronic games can stimulate different parts of the brain that you don't normally use on a day-to-day basis. If video games are too techy for you, then play along with game shows like *Wheel of Fortune* and *Jeopardy*.
- **Manage chronic health problems.** Follow your doctors advice for dealing with medical conditions such as high blood pressure, diabetes, depression, hearing loss and obesity. The better you take care of yourself, the better your memory is likely to be. Additionally, it is important to regularly review the medicines you take with your doctor, as some medicines can affect memory.
- **Mentally simulating activities.** Mentally stimulating activities include: completing crossword puzzles, playing chess, reading books, and taking educational and learning courses.
- **Other tips to consider.** Other tips that may help with your memory and reduce forgetfulness include:
  - Quitting smoking
  - Put items you need in the same place every time
  - Learn something new
  - Volunteer in the community
  - Limit drinking alcohol
  - Use calendars and notes as reminders

While it's normal to be forgetful from time to time, it is important to exercise your brain and try some of the tips listed in this newsletter as you can always boost your memory, regardless of your age.

<https://www.health.com/condition/alzheimers/15-ways-to-boost-your-memory-in-your-30s-40s-50s-and-beyond>

<https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/memory-loss/art-20046518>

<https://www.google.com/search>

