

Give your memory a boost

Try out these tips to activate your mind

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A workout for your body is also a workout for your mind. When you get your heart pumping during physical exercise, it increases the amount of oxygen and nutrients that get to your brain, which is instrumental for improving memory.

Have fun

When you think about boosting your brain power and your memory, you may imagine laboring over serious activities like math or crossword puzzles. But improving your memory can also be fun. Just the act of laughing itself engages multiple areas of our brain related to memory. In addition, having healthy relationships with a strong social network is associated with slowing down memory deterioration.

Anchor your knowledge

If you're trying to remember something new, relate it to similar information that you already know. This type of anchoring makes it easier to access the new information and gives you a foundation to build new memories on. Similarly, mnemonic devices help us remember something new by associating it with a sentence, rhyme or joke that makes the information stick out in our minds.

Get treatment for depression

People suffering from depression often have trouble concentrating, which can wreak havoc on their memory. Depression also causes the body to release increased amounts of cortisol, which is associated with stress and diminished brain function.

Practice, practice, practice

Like with everything new that we try, practice is the key to successfully boosting our memory. Whichever technique you choose to improve your memory, keep in mind that you're not going to master it completely on your first few tries.

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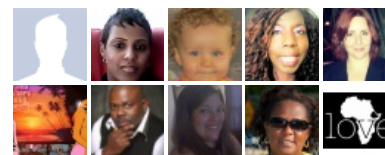
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