

MEMORY IMPROVEMENT

1- Get Enough Sleep

Sleep plays an important role in memory consolidation, a process in which short-term memories are strengthened and transformed into long-lasting memories.



2- Train Your Brain

Exercising your cognitive skills by playing brain games is a fun and effective way to boost your memory.



3- Do Exercise

Research has established that it's beneficial for the brain and may help improve memory in people of all ages, from children to older adults.



4- Focus Your Attention



6- Do Meditate

It is relaxing and soothing, and has been found to reduce stress and pain, lower blood pressure and even improve memory.



5- Keep Stress in Check

Stress is one of the brain's worst enemies.



7- Change Your Habits

Maintain healthy habits.



8- Try Something New



9- Make Time For Friends

Relationships stimulate our brains.



10- Play Board Games

Crosswords, word-recall games, Tetris, and even mobile apps dedicated to memory training are excellent ways to strengthen memory.

