

## **Be a Brain: 5 Simple Tips to Improve Your Memory**

Don't you hate it when you can't remember something? Whether it's someone's name, groceries you need to buy, or where you put things, it's annoying when your brain doesn't have the memory recall when you need it.

There are two different types of memory recall: short-term and long-term. Short-term memory is meant to remember things for a short duration, such as a phone number or address or what you want to order in a restaurant. Things you can know for a few minutes then forget. Long-term memory holds the items you purposely want to retain in your memory, and make a conscious effort to remember. It has some kind of personal meaning to you. The intent to remember can be conscious or subconscious, and includes your experiences, skills and functions, and facts, such as what people look like.

Because we are bombarded with so much information that we should probably remember, here are 5 easy ways to improve your memory.

First, concentrate. When you receive new information, you have to focus on it to remember it. Otherwise it literally will go in one ear and out the other! You can't remember something if you don't learn it, and it only takes about 8 seconds of your undivided attention to be able to achieve memory recall. Multi-tasking won't improve your memory: you must concentrate intently on one thing. If you are surrounded by distractions, try to block them out.

Second, you need to evaluate how you learn best. Some people learn by seeing, some by reading, some by hearing, and some by doing. You can't improve your memory recall if you try to learn something in a manner that isn't best suited for you.

Third, regurgitate information. One effective way to improve your memory is to repeat what you learned. You can do this by explaining it to someone else, or teaching it to someone else. For example, when you learn a new task at work, you have to repeat the process a few times before it becomes second nature.

Fourth, be healthy. Eating well, exercising, reducing stress, and getting enough sleep are important for every aspect of your life. But these things can also help your memory. Being healthy will stimulate brain function, which will in turn, help with memory recall. If you're tired or anxious it's hard to concentrate, so retaining anything in your memory becomes more difficult.

Fifth, have a positive attitude. When you're down, you only focus on negative things. If you tell yourself, or anyone else for that matter, that you have a bad memory, you will! Being positive will help improve your memory because if you believe you have a good memory, you're more apt to have success in memory recall.

Of course there are other methods people use to improve their memory. But these 5 tips are simple, basic methods to begin with. Remember to use it, or you'll lose it.