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Train your brain: Tips to improve your memory

Have you ever lost your car keys? Can't remember where you parked at the grocery store? Everyone forgets things, but memory loss can be frustrating. Consider the following ways to sharpen your memory and improve your brain health:

Sleep well. Sleep allows your brain to rest and organize your memories. Sleep energizes you, improves your mood and your immune system, and improves brain function.

Stay mentally active. Like your muscles, you must use your brain, or you lose it. Do crossword puzzles. Take alternate routes when driving. Learn to play an instrument.

Eat a healthy diet. Your brain is exposed to harmful stress due to lifestyle and environmental factors. This results in a process called oxidation, which damages brain cells. Food rich in antioxidants can help fend off harmful effects of oxidation in your brain.

Limit alcohol. Too much alcohol can lead to confusion and memory loss. So can drug use.

Stay connected. Leading an active social life can protect you against memory loss. Social interaction helps ward off depression and stress. Look for ways to stay in touch with loved ones.

Get moving. Physical activity increases blood flow to your brain. This may help keep your memory sharp. Try to squeeze in a few 10-minute walks during the day if you don't have time for a full workout.

Control medical risks. Hypertension, diabetes, obesity, depression, head trauma, higher cholesterol, and smoking all increase the risk of mental decline. You can control and reduce these risks. Get your annual check-up and engage in a healthy lifestyle.

These are a few ways you can keep your brain and body healthy. Talk to a healthcare provider if you are worried about memory loss. Treatment will depend on what is causing your symptoms.

Source: ALZ.org

