

TIPS TO HELP YOUR MEMORY

Many of us experience times when we are forgetful. This can be for a number of reasons, for example you might feel stressed or anxious or you might not have paid attention to the information in the first place. The good news is there are things that can help. This leaflet has some simple tips and advice to help us remember and lifestyle steps to keep our brains healthy.

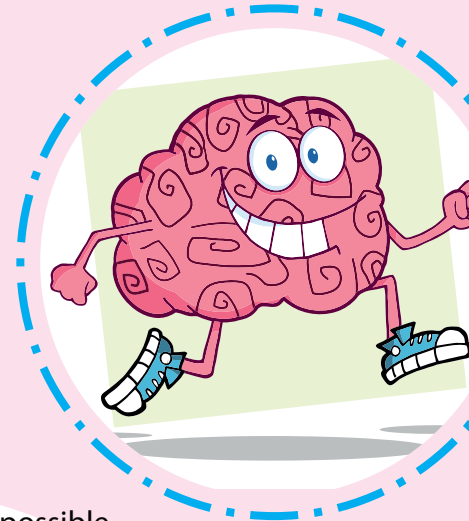
Using reminders to help your memory

- Use a large wall calendar for writing down important appointments or social occasions
- Use a diary to help to record appointments. You can also record events that happened during your day in the diary for example, if a friend called in. Writing down these daily events is a good way to help remember
- Write to-do lists to help you organise your day, e.g. shopping lists
- Write reminder notes or post-its to yourself and stick them in places where you will see them
- Carry a notebook/pen with you at all times and write everything down. You are more likely to remember information if you write it down



How your lifestyle can improve your memory

- A regular routine makes remembering easier
- Do things as soon as possible when you think of them
- Give yourself plenty of time when doing a job so you do not get flustered. Avoid rushing
- Do one thing at a time. Finish one job before moving to the next



Changes at home which can help your memory

- De-clutter your home. This can help you to think clearly
- Keep everyday items in the same place e.g. your keys. It may be helpful to keep a list of where you put things
- Use a wipe-clean board or wall calendar in the kitchen to help you remember appointments



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How your lifestyle can improve your memory *(Continued)*

- Do something new to challenge your brain like joining a class or taking up a new hobby
- Talk to your pharmacist about ways to help organise your medication
- Talk regularly with your family and friends
- Do something you find relaxing every day
- Make sure you eat plenty of fresh fruit and vegetables. Cut down on your salt and sugar.
- Drink plenty of water
- Keep yourself moving
- Drink less alcohol
- Talk with your GP if you are worried about your memory



Internal Memory Strategies

Internal memory strategies are things that you do inside your head to try to remember things such as visualising something as a picture

- Give your full attention to new information. Reduce your background distractions, for example turn off the radio/television and listen carefully when someone is talking to you
- If you have difficulty remembering somebody's name, repeat their name several times during your conversation. Write it down afterwards
- Try and use rhymes and stories to help you remember something, for example '30 days has September'
- Breaking information down into small bit-sized chunks makes it easier to remember for example, when trying to remember a phone number - instead of 0-8-3-3-4-1-5-4-6-5, chunk it into 083-341-5465
- Try to picture something in your head if you are trying to remember it. We find it easier to remember images rather than lots of information

