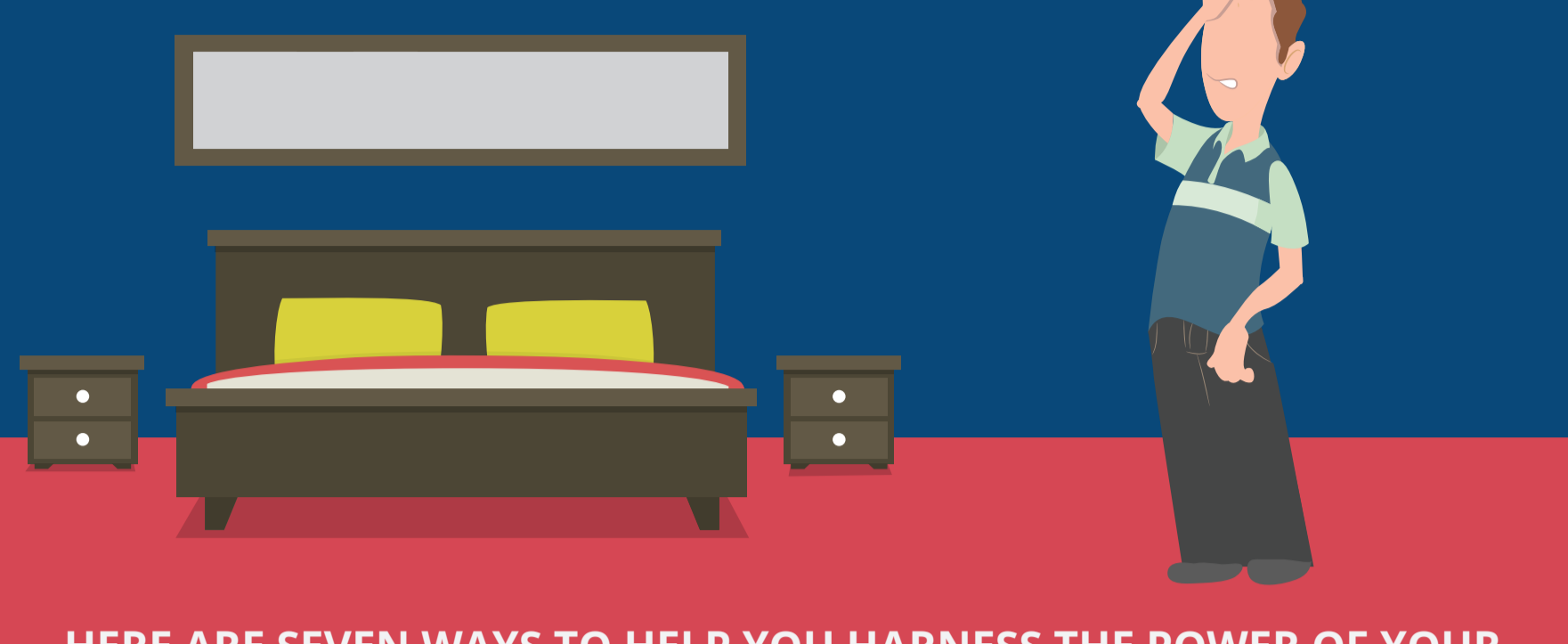




THE 7 ESSENTIALS FOR BUILDING A POWERFUL MEMORY

INTRODUCTION

Many of us have experienced that frustrating feeling of blankness when we've gone upstairs to get something in the home but then forgot what we were going to get!



HERE ARE SEVEN WAYS TO HELP YOU HARNESS THE POWER OF YOUR MEMORY AND BUILD YOUR ABILITY TO LEARN NEW INFORMATION:

1 DEVELOP A GOOD SLEEPING ROUTINE

Poor or insufficient sleep can make you feel slow and mentally sluggish. Good sleeping habits are important for building and maintaining strong memory skills. If you're not getting enough sleep or your sleep is disturbed, look into ways of improving your sleeping routine. Simply having some 'down time' rather than TV or internet for an hour or so before bed is sometimes enough to get your body ready to sleep well.

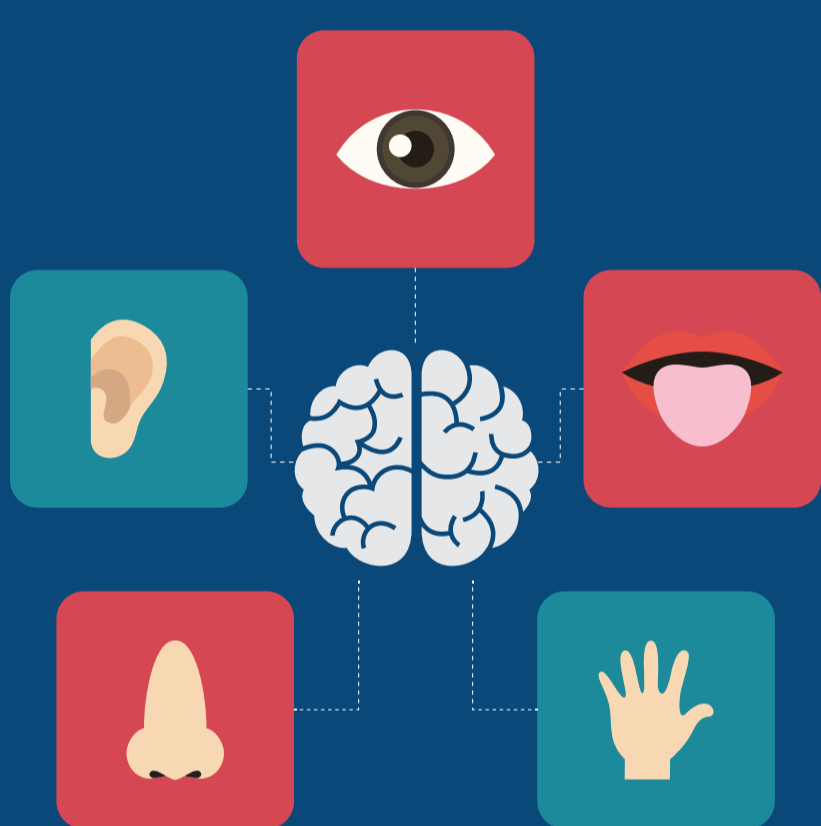


2 KEEP A JOURNAL



The physical act of writing things down can help to imprint it on your memory. Try writing your journal every few days, or even once a week, rather than daily. This will give your memory a valuable workout as you recall your activities, thoughts and interactions with others.

3 USE ALL YOUR SENSES WHEN FORMING A MEMORY



If you come across something you want to be sure you remember, like a person's name or a special date, try to link the factual data with as many of your senses as you can. For example, remember a person's name by visualising how they look, sound and even smell – scent can trigger very powerful memories.

4 REPEAT, REPEAT, REPEAT

One of the golden rules of learning and increasing your memory power is repetition. This is because when you do something new, your brain forms a new neural pathway. Each time you repeat the same process, the neural pathway is reinforced until it becomes 'hard-wired' into your brain, and you are able to easily recall what is needed, when it is needed!



5 PLAY MEMORY GAMES



Any game where you have to use your memory is excellent for strengthening your recall. Card games and scrabble are great examples of memory enhancing games. Make time to play each week, keep a record of your scores and see how you improve over time.

6 OMEGA-3 FATTY ACIDS

Research demonstrates that certain fatty acids improve brain function and prevent fatty acid loss. Adopting a Mediterranean diet is a great way of boosting your intake of Omega-3 fatty acids and other healthy fats. A Mediterranean diet is largely based on vegetables, fruits, nuts, beans, cereal grains, olive oil and fish.



7 LAUGH!

Enjoying a joke is a good way to maintain your mental agility and memory. You've heard that laughter is the best medicine and this certainly holds true for anything concerning maintaining brain function. Make sure you take time to socialise with people who help you to lighten up and look for things that make you laugh.



WOULD YOU LIKE TO IMPROVE YOUR MEMORY?

Take a look at our **Memory Training** or **Fast Reading & Super Memory** courses. See details at www.illumine.co.uk/lau