

## **MEMORY**

### **15 SUGGESTIONS TO IMPROVE YOUR MEMORY**

1. Schedules - eat, sleep, exercise, and bathe at the same time every day.
2. Keep a low carbohydrate diet and have 3 meals a day.
3. Eat plenty of fruits including berries, and vegetables.
4. Exercise daily - Any type of exercise; walking, stretching etc. Brisk walk for 15-30 minutes 3 times a week.
5. Expose to the sunlight daily for at least 15 minutes. (Staying indoors all the time is not healthy.)
6. If you still smoke it is a good time to quit.
7. Engage in activities. Have specific house chores daily.
8. Stay well hydrated. Drink lots of water/fluids unless you have a medical condition in which fluids need to be limited.
9. Get involved in social and family activities.
10. Contact old friends and make friendships with non-worriers.
11. Plan something enjoyable every day.
12. Learn new skills, such as computer, recipes, netting, new language, new games.
13. Play cards or board games 1-2 times a week.
14. Listen to music (consider classical music).
15. Consider going to church/service of your choice.