

## **Increase Your Attention/Concentration**

<http://www.memory-improvement-tips.com/brain-games.html>

**Training your brain with free online brain games is a fun way to improve your memory, concentration, and other brain skills. There are over 200 free brain training games on this site.**

## **Preventing Memory Loss**

<http://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/memory-loss/art-20046518>

We all find ourselves forgetting people's names, our grocery list, where we put the car keys, what we had for lunch two days ago, etc. We are not alone. Everyone forgets things from time to time. Although there is no magic treatment for preventing memory loss, there are some tricks that can be helpful.

1. Stay Mentally Active - Work crossword puzzles, Sudoku puzzles, read sections of the newspaper you normally would skip. Take alternate routes when driving, learn to play a musical instrument. Volunteer as a mentor, tutor, or helper in a school organization.
2. Socialize - Staying at home alone can bring on depression and stress. Both can contribute to memory loss. Become active in organizations and when you are invited, GO!
3. Get Organized - Get rid of clutter and disarray. Being organized helps us to remember and jotting down appointments and events on a calendar or electronic planner keeps us current. Keep to-do lists handy and current. Do not let them become overcrowded. Focus on the information you truly need to remember.
4. Sleep Well - Regulate your sleep habits so that you can get 7 -8 hours a night. Sleep helps consolidate your memories.
5. Eat Healthy -Avoid between meal snacks. Eat balanced meals three times a day. Go easy on the sweets and increase fish, lean meat and skinless poultry. Drink plenty of water.
6. Include Daily Physical Activity - Keep those muscles in shape and good working order. Exercise increases blood flow to your whole body, including your brain. This will help to keep your memory sharp. Try to get at least 150 minutes a week of moderate activity such as brisk walking. If you can't get this amount in equal segments, a 10-minute walk will make your feel much better

throughout the day.

7. Manage Chronic Conditions - Follow your doctor's treatment recommendations. The better you take care of yourself, the better your memory is likely to be. Review your medications with your doctor regularly and report any memory loss problems. Keep healthy, keep strong, and remember to be kind to yourself.