


7 WAYS TO IMPROVE YOUR MEMORY

 @BelievePHQ



1 Exercise regularly

Exercise is a simple activity which can help to reboot your brain.

2

Use association to remember key facts

Try recreating an image in your mind to remember things. Make the image unique so that you can remember what it was

3

Keep your brain active

Try and think of brain activities which can stimulate your mind. Crosswords or word searches are great tools



7

Improve your brain food

Try and maintain a healthy diet to keep your body and brain active

6

Try chunking information

Chunking is a technique that is used when we group things together to remember information.

5

Use Mnemonic Devices

Try and remember things using words, lists, acronyms or rhymes.

4

Say things out loud when you want to remember things

