

How to improve your memory essay

[Literature](#), [Russian Literature](#)



Convince yourself that you have a good memory that will improve. Too many people get stuck here and convince themselves that their memory is bad, that they are just not good with names, that numbers just slip out of their minds for some reason. Erase those thoughts and vow to improve your memory.

Commit yourself to the task and bask in your achievements — it's hard to keep motivated if you beat yourself down every time you make a little bit of progress. Exercise daily. Regular aerobic exercise improves circulation and efficiency throughout the body — including the brain. Exercise also makes you more alert and relaxed, and also can improve your memory uptake, allowing you to take better mental “ pictures”.

Reduce stress. Although stress does not physically damage the brain, it can make remembering much more difficult. Exercise your brain. Regularly “ exercising” the brain keeps it growing and develop of new nerve connections that can help improve memory. By developing new mental skills — especially complex ones such as learning a new language or learning to play a new musical instrument and challenging your brain with puzzles and games, such as crosswords, Sudoku, and other games . You can keep your brain active and improve its. 5Give yourself time to form a memory. Memories are very fragile in the short-term, and distractions can make you quickly forget something as simple as a phone number.

The key to avoid losing memories before you can even form them is to be able to focus on the thing to be remembered for a while without thinking about other things, so when you're trying to remember something, avoid

distractions and complicated tasks for a few minutes. Repeat things you need to learn. The more times you hear, see, or think about something, the more surely you'll remember it, right? When you want to remember something try writing it down; think about it. Sleep well. The amount of sleep we get affects the brain's ability to recall recently learned information. Getting a good night's sleep — a minimum of seven hours a night — may improve your short-term memory and long-term relational memory.