Mental Wellbeing - Memory - How to Slow Down Memory Loss

## How to slow down memory loss

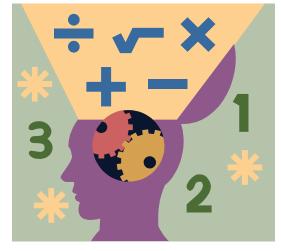
Memory experts all agree – keep your mind active and fit. Gary Small, Director of the Memory and Ageing Institute at UCLA psychiatric institute (and author of The Memory Bible: An Innovative Strategy for Keeping your Brain Young) says that by keeping our mind active and fit, we have the potential to prevent or slow down two thirds of our memory loss. In particular, Small names 4 strategies to slow down the ageing process in the brain:

- 1. Mental activity keeping the mind active and fit
- 2. Physical Exercise keeping the body active and fit
- 3. Stress management reducing and preventing stress
- 4. Diet maintaining a healthy diet that includes plenty of antioxidants

## 1. Mental activity - keeping the mind active and fit

If a car remains inactive for too long, it won't start. The same applies to your mind; the less you use it, the harder it becomes to access your semantic memories. Keep your mind active with brain games (puzzles, quizzes etc.), books, hobbies, variety in your lifestyle; trying new things etc.

Activities that adequately exercise your brain need to involve one or more of the following: to be novel, interesting, fun, enjoyable, challenging or surprising; to involve one or more of the senses; or be outside of one's normal routine or methodology, such as:



• Tying your shoe laces with your eyes closed; communicating without talking; choosing an aromatherapy oil for your bath via the sense of smell with your eyes closed; using your non dominant hand; taking a different route home.

Do something that is enjoyable or surprising and is outside your usual routine. Eg. hiking on the weekend, walking somewhere that you would usually drive to; having a picnic in your backyard. Take a drive into the country side and pick fruit from a tree rather than buying it at the store; join a fun run instead of your usual solitary run; if you're a crossword person, try sudoku; read a different type of book to what you're used to; join a fitness training group that offers a changing variety of programs and incorporates motor fitness activities.