



Minding Your Memory Tips to Keep Your Brain Healthy



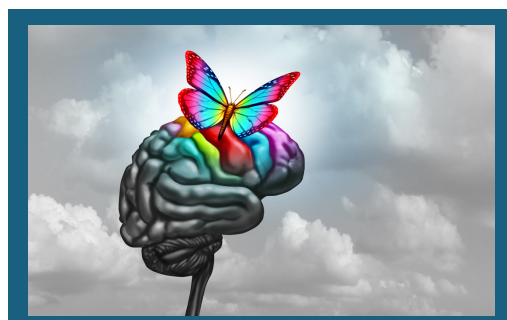
“ Not only is my short-term memory horrible, but so is my short-term memory.”

SENIOR MOMENTS

Everyone experiences the inevitable “senior moment” as they age. While these periodic memory lapses can be frustrating, they are not a cause for concern. However, frequent forgetfulness IS a cause for concern and should be evaluated.

Studies show that we can help prevent cognitive decline by maintaining good health habits such as a healthy diet, staying physically active, maintaining social connections, and even playing games and learning new skills.

Challenging your brain with “exercise” such as playing a game, doing a puzzle, learning a new language and even listening to music can help stimulate brain cells and keep them active, which can improve memory and cognition.





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MEMORY TIPS AND TRICKS

Here are some other tips and tricks that may help improve memory, and they're fun!

MOVE: Activities such as taking a walk, or a chair exercise class, keeps blood and oxygen flowing to the brain which improves memory and cognition and improves overall strength and endurance.

SLEEP: A good night's sleep is important because sleep is restorative. A good night's sleep is like charging the brain's batteries. When we are sleep deprived, we have trouble remembering simple things and this can be frustrating to say the least!

EAT RIGHT: Diet has a profound impact on aging and memory. Many studies show that a diet like the Mediterranean diet has neuroprotective properties because it is low in saturated fat and red meats and high in fruits and vegetables and antioxidants. Drinking plenty of water and eliminating excessive alcohol also helps.

KEEP YOUR MIND ACTIVE: Learning new things and engaging the brain in meaningful activities improves cognition and memory. Reading books, learning a new word a day, doing puzzles and playing games all help with what scientists call "Cognitive Reserve". Cognitive reserve is essentially your brain's way of improvising and finding alternate ways of getting a job done and greater cognitive reserve can help you function better especially under the stress of illness, change or life in general.



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