

# Memory and You



Our bodies change throughout the day, this can include our temperature, digestion, and ability to remember things.

Generally young adults are more likely to be night owls and older adults are more likely to be early birds. Regardless of your age, think about what time of day you feel most alert.

There are also a few tips and tricks to help you to remember things:

- Link a memory to an image, you can even play it out like a scene in your head.
- Say what you would like to remember out loud.
- Try not to overwhelm yourself by learning too many new things at one time. Instead space them out.

Source: Brain Health PRO

To learn more visit



[IHDA.HEALTHSCI.MCMASTER.CA](http://IHDA.HEALTHSCI.MCMASTER.CA)



[MCMASTEROPTIMALAGING.ORG](http://MCMASTEROPTIMALAGING.ORG)



**FHO**  
*Tribal Council*

# Memory and Brain Health

# Learning, Memory and Brain Health



Being a life long learner keeps your brain active. The more your mind stays active, the fewer age-related brain changes you will have.

Getting involved with activities and being social helps us to store, secure and recall memories. These activities can include dancing, music, and storytelling. Social activities can also improve our mood and prevent learning difficulties.

As we age, it is normal for us to have more challenges learning and remembering things. It's never too late to start getting your mind active. No matter what age you start at, keeping an active mind increases your ability to learn, understand, and memorize.

Source: Brain Health PRO

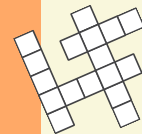
# IMPROVING MEMORY

Your memory is influenced by many different factors, including your physical, mental, emotional and spiritual health. Ways to improve your memory touch on all of these factors.

A healthy diet filled with brain foods like walnuts and fish oil can boost your memory.



Crosswords and puzzles can keep your mind active, especially during retirement. Having a daily routine can also help jog your memory.



Remember that traumatic experiences can affect your memory as well. Getting support for grief and stress can improve your memory.



Smudging with Traditional medicines can help to clear your head and improve your memory.

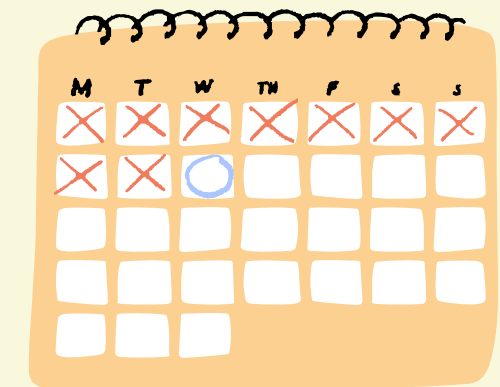


Source: Community Research Advisory Committee

# Memory Strategies

Remembering new facts, appointments, and other plans can be difficult. Writing things down on a to-do list, calendar, or notebook can help.

You can make notes on paper or on your phone. Try to keep either your phone or notebook with you at all times so you can write things down immediately. When taking notes, write clearly, using full words.



There are memory and notetaking apps on smartphones. Check out your local library or community centre for information on using technology.

Source: Brain Health PRO