BOOSTING YOUR MEMORY

by:
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A person’s sense of self is signified by how one remembers himself. The memories built are the building blocks of a person’s internal biographies. Memory and thinking skills are intertwined. Most people are anxious of having memory declines, which they consider as a lack of sharp thinking skills.

Why do people remain sharp while others experience memory loss? There are many factors that need to be considered to answer this question. First and foremost is the lifestyle of an individual. Three main culprits for decaying memory loss are diet, stress, and sleep.

Healthful diet while keeping an eye on cholesterol, blood sugar levels, and blood pressure is a must. Eating the right food at the right amount is important to build your “memory muscles”. Lots of fruits and vegetables, lean meat, nuts, foods rich in protein like fish, and milk are just some of the most ideal food choices that can help your brain cells stimulate and maintain good memory.

With your diet comes exercise as well. When we talk about diet, we are not only talking about the food we take but also the way we consume the energy being taken up. Thus, here is where exercise comes in. Proper exercise is good to sweat out and strengthen your heart and your muscles. This has a lasting effect on your memory and thinking skills as your cells are being pumped up with the right energy it needs everyday.

Next is the amount of sleep you have. It is still best to take the correct number of hours of sleep each night. Naps during the day also helps in giving your brain cells the rest it needs especially during the stressful working day you have. A five-minute nap can
do wonders for you as you can observe you feel refreshed after a quick nap. Like any machine, your brain works in a manner that it needs to “pause” once in a while. Thus, a nap is something you should take in daily doses as well.

Finally, the stress can severely affect your thinking skills and memory. What do you do with stress then? When you are under stress and pressure, you can try doing relaxation techniques as simple as deep inhales and exhales of fresh air, looking at green things like trees and leaves, going out in the garden for a short walk, or yes, if the stress is too much, go to the top of your office building and shout your lungs out.

You may also opt to listen to soothing music, close your eyes, or do simple massage of your hands and nape. These are effective ways to relieve the stress. If the stress is too much to handle or has started crippling you, of course, you might need to consider making decisions to solve or get out of the stressor. That is another story.

When you take care of your over-all health, you can be sure that you are taking care of your brain cells and your memory as well. So, get healthy and boost the memory capability you deserve.

References:

