



Easy Tips to Help Boost Your Memory

Car keys missing again? Can't remember the name of the person you were just introduced to? Memory lapses are common in today's fast-paced lifestyle. Here are some easy tips for improving your memory from Work & Family Benefits:



- **Read books and newspapers, do crosswords and brainteasers.** "Use it or lose it" is good advice when it comes to your brainpower! Experts agree that an actively challenged mind stays acute longer.
- **Be aware of the medications you take and their possible interactions.** Medications all have effects – and **side effects**. Check with your doctor and/or pharmacist to learn if any of your medications could be impeding your memory power.
- **Do one thing at a time.** If you're watching TV, reading your mail, **and** talking on the phone all at the same time, how much of anything are you really paying attention to? If you don't **absorb** information, you can't possibly remember it. Concentration – not multi-tasking – can help improve your memory.
- **De-stress.** Stress is the **anti**-memory aid! Take some time each day to relax and refresh your mind and body. Sit or lie down in a quiet place for a few minutes, try meditation, yoga or another de-stressing technique.
- **Use reminder notes.** Small "post-it notes" are an easy way to leave reminders to yourself. One person we know puts a post-it on her bathroom mirror to remind herself to take her vitamins each day. Think of ways you might use these handy little memos.
- **When it comes to solving family care problems, remember WFB!** It's Call us whenever you have a care need for a family member, whether adult or child. We're always here to help!