

Tips for your mind and memory

There are things you can do to strengthen your mind and memory. Working out your brain is similar to working out your body. The more you train the stronger it will become.

Eat Well and Exercise.

Exercise benefits your mind by helping you focus on the moment. Physical activity like dance or an exercise class is good for your memory and keeping your mind engaged.

What you eat is fuel for your brain too. Fruits and veggies are full of antioxidants and nutrients that protect brain function. Omega-3 fatty acids are also good for your brain. Eat foods like salmon, tuna, walnuts, kidney and pinto beans, spinach, and broccoli.

Keep Your Mind Sharp.

Your brain can become weak if you don't work to keep it strong. Stimulate your mind by:

- Switching up patterns in your routine so you don't get lazy
- Feeding your curiosity with a free online course or a course at a community college or library
- Exploring new activities like learning a musical instrument or new sport
- Attempting crossword puzzles, word searches, and word games
- Meditating to relieve stress, which can affect your memory

These activities help you gain new skills and strengthen your brain power.

Sleep Heals Your Mind.

Most Americans get less sleep than needed for the body and brain to recharge. Getting enough sleep strengthens your memory. It also boosts your problem solving and thinking skills. Stick to a set sleeping schedule and limit caffeine throughout the day. You'll experience a higher quality of sleep which is good for your mind.

