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Boost Your Brain Power And Reduce Dementia With These 6 Tips

How friends, laughter and tea can increase your memory

BY JO UPCRAFT / MAY 7, 2016



Image 123 RF

REMEMBER THIS! **Parrot power**



One rule of remembering is repeat, repeat, repeat. The brain also responds to novelty, so make the most of this effect to allow you to build stronger memories. Examples of using repetition parrot-fashion include:

- Taking notes
- Saying a name after you hear it for the first time
- Paraphrasing what someone says to you after they have given instructions

REMEMBER THIS! **Get connected**

While a Wednesday night might make us want to run home and cosy up alone with GoT, it's human nature for us to connect with others. Relationships – and especially communicating with others – is believed to be the best kind of brain booster in town. Studies from the Harvard School of Public Health found that those with the most active social lives had the slowest rate of memory decline. So get chatting during your lunch break, making new friends at a pilloxing class or arranging a dinner party with the neighbours. Perfect solutions for friendship and brain power!

REMEMBER THIS! **I know who you are...**

Learning faces and names is particularly tricky for most people. In addition to repeating a person's name (as mentioned above) try associating their name with an image. Visualisation strengthens the association between the face and the name, stretches your brain cells and gives them a workout. For example, link the name Sandy with the image of a beach, and imagine Sandy hanging out at Sentosa. You get what we're saying.

REMEMBER THIS! **Chill the heck out, lady!**

Stress is a brain cell killer, which over a prolonged time can destroy neurones and damage the area that formulates new memories and the retrieval of old ones. So, add a bit of the below for assistance:

- Create a healthy work/life balance
- Set realistic expectations (and say no!)
- Express your feelings rather than letting anger manifest
- Try to quit with the multi-tasking. Focus on one task at a time

REMEMBER THIS! **Feed those grey cells**



Your body needs fuel as does your brain. The following will reduce the risk of dementia:

- Omega-3s. These acids are found in “fatty fish” such as salmon, tuna, halibut, trout, mackerel, sardines and herring.
- Hate seafood? Walnuts, flaxseed oil, kidney and pinto beans, spinach, broccoli, pumpkin seeds and soybeans will also do the trick.
- Research shows that diets high in saturated fat – think meat, whole milk, butter and ice cream – increase the probability of dementia and impair memory.
- Green tea contains polyphenols, powerful antioxidants that protect against free radicals that can damage brain cells.

REMEMBER THIS! **Have a laugh**

You know the saying that ‘laughter is the best medicine’? It holds true for your body AND your memory. As psychologist Daniel Goleman notes in his book Emotional Intelligence, “laughter seems to help people think more broadly and associate more freely.” It engages multiple regions across the entire brain giving it a lovely little sharpener and workout. So get your giggle on.

And don’t forget to thank us for are assistance later. 😊

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