

Memory Improvement Tips

- Try to think about only one thing at a time
- Eat a healthy diet
- Exercise every day
- Use a big calendar to keep track of your plans and appointments
- Have hobbies
- Practice remembering by making links (For example: if you meet someone named Penny, think of the coin and link to Penny's name)
- Make lists of things to do
- If the forgetfulness does not go away, see your doctor