Keeping the Mind Young

Healthy Brain Diet

- Eat low-fat foods
- Watch overall caloric intake
- Avoid stress eating and late-night snacks
- Avoid yo-yo dieting
- Avoid processed foods and high-glycemic index carbohydrates
- Eat foods rich in Omega-3 fats and avoid omega-6 fats
- Antioxidants via fruits, vegetables and tea
- Avoid too much caffeine
- Drink six or more glasses of water daily
- Consider a multivitamin as well as vitamin E and C and folate supplements
- Use spices

Activities to Stay Mentally Sharp

- Travel
- Do things to think creatively
- Challenge yourself
- Pick up a new hobby
- Join a book club or study group
- Go back to school
- Mental aerobics
  - Crossword puzzles
  - Jigsaw puzzles
  - Brain teasers
  - Scrabble
Remembering Names and Faces

1. Look at the name and take a mental snapshot of it.
2. Now, visualize images of the name with the face.
3. Then, connect the name and face with additional images that will help you remember. (E.g. a distinguishing facial feature.)
Organizational Method

Organize what you are trying to memory in categories. See example below.

Grocery list

<table>
<thead>
<tr>
<th>Dairy</th>
<th>Meat</th>
<th>Fruit/Veg</th>
<th>Bread</th>
<th>Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>Chicken breast</td>
<td>Apples</td>
<td>Loaf of bread</td>
<td>Saltine crackers</td>
</tr>
<tr>
<td>Yogurt</td>
<td>Deli meat</td>
<td>Bananas</td>
<td>Hamburger buns</td>
<td>Potato chips</td>
</tr>
<tr>
<td>Eggs</td>
<td>Ground beef</td>
<td>Carrots</td>
<td>Hot dog buns</td>
<td>Mixed nuts</td>
</tr>
<tr>
<td></td>
<td>Hot dogs</td>
<td>Celery</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Peg Method

1) Begin by assigning numbers zero through nine with a consonant that somehow reminds you of the number. In this example, the number one is assigned to the consonant “L” because as a lowercase it looks like a one.
2) Next, assign a “peg” word for the consonant. This word should be something easy for you to remember. Here we chose the word “leg”.
3) Memorize the numbers and the objects. Once memorized, these words will be easy to visualize and hard to confuse with one another.
4) Link the words together by making up an unusual story to remember the sequence.

For instance, If you want to memorize the numerical sequence 332132 you would think of it as boy, boy, zebra, leg, boy, zebra. You would then need to make up a story to link this sequence. The more unusual the story the easier it will be to remember.

Example: A Boy sits in the grass looking at another Boy with his pet Zebra, which has a broken Leg; the Boy is feeding his Zebra.
Once the story is linked together, you will be able to pick out your peg words and link them to the numbers.

**Roman Room Method**

1) First, imagine a room in which you are familiar.

2) Next, imagine placing the items that you need to remember around the room. For example, if you need to go to the grocery store, dry cleaners and the bank. You would place those items around the room. Such as, attaching the grocery store to the lamp, dry cleaners to the table and the bank to the couch.

3) Finally, you will retrieve the information by taking a mental walk around the room.

Another variation of this is to take a familiar route, such as your route to work and attach information to landmarks along the way.

**Resources and References**