

## ORIGINAL ARTICLE

<https://www.dropbox.com/s/umc80xlwcbyim46/To%20Speed%20Up%20Your%20Memory%2C%20Do%206%20Things%20That%20Others%20Don%27t.docx?dl=0>

## REWRITE

### **Six Practical Hacks to Beef up Your Memory**

If you utilize your memory to its full potential and in an organized way, you can bring a revolutionary about-turn in your habit of forgetting things.

All of us are faced with performing various tasks on daily basis. The pressure to handle multiple tasks can leave us exhausted and frustrated. In addition to that, our memory capacity is also bound to dwindle with the passage of time and due to some other external pressures, such as stress and increased load of responsibilities.

If you realize that your memory is getting weaker every single day and you are becoming addicted to forgetting things that are very important to you, you're not alone. There are hundreds and thousands of people in the world who are faced with the memory loss issue to some extent.

Thankfully, there are ways to improve your memory powers. Let us have a look at some ways that can help boost your memory and your productivity.

#### **1. Make Your Work Table Colorful**

You might wonder how colors can help you improve your memory. Well, colors hold immense power to make you remember/recall things pretty easily. In case you love softer and earthy shades, you can try adding more vivid colors to your workstation. This can help you recall or remember things easily.

A lot of cognitive psychologists from around the globe are of the opinion that color recognition plays a major role in how our brain retrieves information. Have you ever noticed that when you take a look at something, your brain tends to pick up its color as the first thing followed by other particulars?

By color coding your work desk and your stationery, you can greatly enhance your information retrieving abilities. Start using dark colored pens and markers such as red, yellow and orange to write notes, use a colorful scheduler to mark important dates and events.

#### **2. Try Playing Strategy Games**

Generally, a recreational activity or a game that holds your complete attention acts as a focus centralizer. Playing various strategy games such as Mahjong and chess can force your brain to struggle to sketch out multifaceted tactics. This can help you keep your mind active and alert all the time.

Playing various logical games such as Sudoku can also help boost the logical abilities of your memory. Your brain is drawn on forward thinking which keeps it stimulated all the time.

Playing such challenging games prepares your brain to deal with everyday issues in a better way. Once you are able to deal with these daily challenges in an effective way, your brain remains calm and therefore, you do not experience any memory loss in the longer run.

### **3. Use Weird Fonts**

There is a solid reason behind using the **bold**, *italic*, and underline words while writing an email, a thesis, or a research paper. Such features help people highlight the importance of a word or sentence and this also helps them remember important things. How about using weird fonts?

Latest research reveals that people pay more attention to fonts that are unfamiliar and slightly difficult to read. This is a good way to help them remember or recall information. Try this weird hack in your office and see how it can help you improve your short-term memory. Although it may look unprofessional to use these weird fonts to write official emails, you can try it as an experiment to see if it really works.

### **4. Eat Blueberries to Boost Your Memory Powers**

Whether you are faced with short-term or long-term memory loss issues and you find it hard to remember/recall passwords, login information or cell phone numbers, use of blueberries can miraculously increase your memory recollection.

Just wash, clean and eat them without cutting or peeling. As you age, the performance of the motor skills grow weaker and blueberries are medically proven fruit that intermingles with your cell gesturing conduits. Blueberries are packed with antioxidants and flavonoids, these compounds interact with the brain cells that are considered as signaling pathways, as a result you are able to enjoy improved brain function.

If you do not like eating raw blueberries, try blending them with other fruits to make a smoothie or sprinkle them over hot pancakes to make sure you eat them regularly.

### **5. Carry out Meditation**

Restful sleep, better concentration, reduced stress levels, increase energy levels; these are some of the many benefits of meditation. If done in the right way and at the right time, meditation can reshape our brain and also improve our memory.

Several studies were conducted at Massachusetts General Hospital in Boston to find the effects of regular meditation on the brain. It was found that regular meditation sessions thicken the cerebral cortex of the brain - this is the part of the brain which is responsible for memory.

A 15-minute meditation session a day can help you better block out negative thoughts and distractions. When you are able to keep these distractions at bay, you can quickly recall and store new facts and figures.

Since there are so many different forms of meditation technique available, it is advised that you stick to Mindfulness Meditation if your goal is to improve your memory powers. Mindful Meditation can be done at any time at any place. In this type of meditation, you need to focus your mind on only one task at any given time. Say, for example, if you are traveling in a bus or a train, you need to close your eyes and concentrate only on the sound of the engine. In case your mind starts to wander away, just acknowledge stray thoughts and refocus your mind again.

## **6. Tendency to Forget Names**

Whether you are a business person or an office bearer, if you tend to forget names of important people or places, you may end up losing your job or your business. On the contrary, if you meet and greet people by saying their name, you can easily make a great impression. This type of behavior may sometimes prove to be a deal breaker.

Well, there is a better and easy way out, if you find it difficult to remember the names of important people or places. Repeating the name several times or saying it out loud can help you remember names of people. You can also try associating names with something attractive to help you remember or recall these names.

## **Conclusion:**

A poor memory isn't an ordinary and simply ignorable issue as it causes loads of negativities in your life affairs. You also fall victim to mental stress, tension, and anxiety as a result of poor memory.

If you make all the above six handy tricks part of your life, no wonder your memory will start working like a recalling tool that just needs your click to remind anything.

In addition to sticking to these handy tricks, you also have to pay heed to other important activities like sufficient sleep, balanced diet, regular exercise, and listening to healthy music to boost up your memory.