

FAMILY HOLISTIC HEALTHCARE AND NEUROBIOFEEDBACK SERVICES

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MEMORY TIPS

If you have challenges with remembering, try the following tips:

- Eat a healthy balanced diet rich in fresh fruits and vegetables and low in sugar and carbohydrates.
- Engage in routine aerobic exercise.
- Stop multitasking and be mindful of what you are engaged in at the current moment.
- Get adequate sleep.
- Play Games. *Feel free to work on one or more of the puzzle books on our shelves while you are waiting for your appointment or family member.*
- Step out of your comfort zone and master a new skill.
- Minimize stress by:
 - Setting realistic goals.
 - Taking movement and brain breaks throughout the day.
 - Expressing your feelings rather than bottling them up.
 - Finding a healthy balance to work and play.
- When trying to remember something:
 - Pay attention.
 - Use as many senses as you can to imprint the memory.
 - Relate the new information to information you already know.
 - Rehearse the new information.
 - Use mnemonic tricks to help you remember (see the back for examples).
- If you try these tips and continue to struggle with your memory or would just like to improve your performance, consider Neurofeedback. Ask Laura for details.

Mnemonic device	Example
<p>Visual image – Associate a visual image with a word or name to help you remember them better. Positive, pleasant images that are vivid, colorful, and three-dimensional will be easier to remember.</p>	<p>To remember the name Rosa Parks and what she’s known for, picture a woman sitting on a park bench surrounded by roses, waiting as her bus pulls up.</p>
<p>Acrostic (or sentence) – Make up a sentence in which the first letter of each word is part of or represents the initial of what you want to remember.</p>	<p>The sentence “Every good boy does fine” to memorize the lines of the treble clef, representing the notes E, G, B, D, and F.</p>
<p>Acronym – An acronym is a word that is made up by taking the first letters of all the key words or ideas you need to remember and creating a new word out of them.</p>	<p>The word “HOMES” to remember the names of the Great Lakes: Huron, Ontario, Michigan, Erie, and Superior.</p>
<p>Rhymes and alliteration – Rhymes, alliteration (a repeating sound or syllable), and even jokes are a memorable way to remember more mundane facts and figures.</p>	<p>The rhyme “Thirty days hath September, April, June, and November” to remember the months of the year with only 30 days in them.</p>
<p>Chunking – Chunking breaks a long list of numbers or other types of information into smaller, more manageable chunks.</p>	<p>Remembering a 10-digit phone number by breaking it down into three sets of numbers: 555-867-5309 (as opposed to 5558675309).</p>
<p>Method of loci – Imagine placing the items you want to remember along a route you know well, or in specific locations in a familiar room or building.</p>	<p>For a shopping list, imagine bananas in the entryway to your home, a puddle of milk in the middle of the sofa, eggs going up the stairs, and bread on your bed.</p>

*Taken from www.helpguide.org