

Get Better Brain Function With These Tips

It can be frustrating to forget little things [Memosurge Reviews](#) throughout the day, especially if in the past you have had much better recall. This article will give you some tips for boosting your ability to store and recall information.



To remember things like turning off the water, place some object that will remind you in a place where you are likely to trip over it! If you have left the sprinklers on for half an hour while you go inside to eat, put your garden gloves in the kitchen sink or some other unlikely place. This will remind you to turn off the water!

It's a well known fact that stress is hard on a person's body, but it is also very hard on a person's memory. Chronic stress is detrimental to brain cells as it destroys them as well as the hippocampus, which is the part of the brain that retrieves old memories as well as makes new ones. Practicing stress reducing techniques are vital in maintaining a good memory.

Try teaching the subject you're trying to learn to another person. Research suggests that by teaching something to another person, you'll have a much better chance of remembering what you're teaching. So the next time you're struggling to remember a new concept, try teaching it to a sibling or friend.

Protecting your cells is vital to keeping your brain healthy and active. Eating foods that are rich in antioxidants like blueberries, strawberries, and other fruits and veggies will give you a leg up in taking care of your brain. These antioxidants not only keep your brain working in optimum condition, they also may help slow the aging process.