

## What is Memory? Tips and Techniques to Prevent Memory Loss

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### SUMMARY

Memory is essential to all human lives. Without a memory of the past, person cannot operate in the present or think about the future. He/She would not be able to remember what individual did yesterday, what he/she have done today or what he/she plan to do tomorrow. Without memory, it could not learn anything.

### INTRODUCTION

Cognitive psychologist Margaret W. Matlin has described memory as the “process of retaining information over time.” Others have defined it as the ability to use our past experiences to determine our future path. “Memory is the means by which we draw on our past experiences in order to use this information in the present” (Sternberg, 1999). Memory is the faculty of the mind by which data or information is encoded, stored, and retrieved when needed. It is the retention of information over time for the purpose of influencing future action. If past events could not be remembered, it would be impossible for language, relationships, or personal identity to develop. Memory loss is usually described as forgetfulness or amnesia.

### How do memories affect the individual lives?

Memory does not only hold important knowledge about our lives and our personal attributes and traits; through mental time travel, episodic memory can also directly transport us into past, to the person that lived through our previous experiences, and into the future, to the person we are yet to become.

### Statistics:

Worldwide, around 55 million people have dementia, with over 60% living in low- and middle-income countries. As the proportion of older people in the population is increasing in nearly every country, this number is expected to rise to 78 million in 2030 and 139 million in 2050.

### Tips and Techniques to Prevent Memory Loss:

The tips and techniques that contribute to greater health and well-being also help you develop a strong mind and memory. By taking steps to prevent memory loss person'll improve other aspects of individual life as well.

### Here are steps individual can take to prevent memory loss:

**Exercise regularly.** Physical fitness and mental fitness go hand-in-hand. Exercise is good for your lungs, and research shows that people who have good lung function tend to have sharper memories and brain function. Regular exercise also helps reduce your risk for diabetes, high cholesterol, high blood pressure and stroke – illnesses that can lead to memory loss. So, take a walk around the block, use the stairs instead of the elevator, take an exercise class or learn a new sport like tennis. These can all help protect against memory loss and forgetfulness.

**Maintain a balanced diet.** A balanced diet rich in complex carbohydrates (whole grains, beans, fruits and vegetables) and omega 3 fatty acids (salmon, mackerel, canola and walnuts) is important to your overall health, as well as your brain. Try to avoid saturated and trans fats, which can clog the arteries and boost person LDL (bad cholesterol) levels. Individual should also try to avoid eating excess calories to maintain a healthy weight. This can lower the risk for illnesses like diabetes and hypertension, which can impair his/her memory.

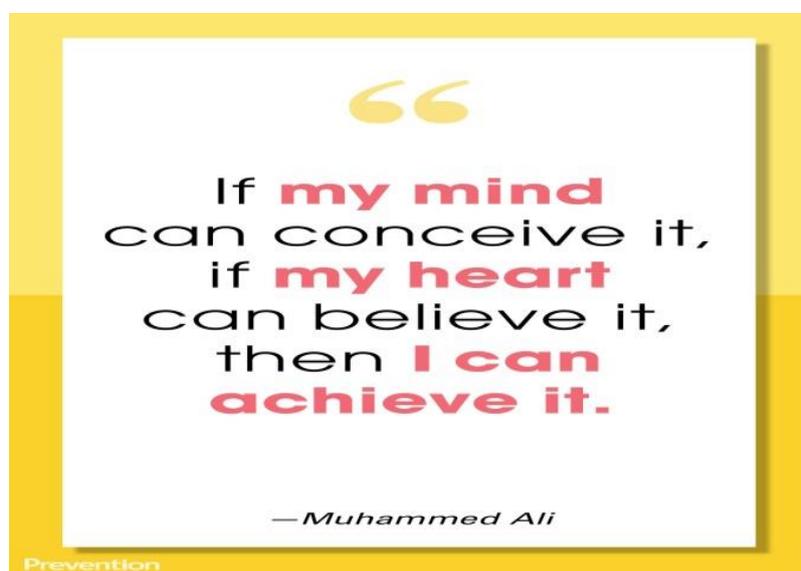
**Get plenty of sleep.** As previously mentioned, sleep is important for proper brain function, and you should aim for six to eight hours of quality sleep each night. Quality is key. Some people with breathing problems can sleep for 10 hours and not feel rested. Others have difficulty falling and staying asleep because of insomnia, which becomes more common with age. Certain habits can help you achieve quality sleep each night:

- Establish and maintain a regular sleep schedule

- Exercise in the morning instead of in the evening
- Avoid coffee and other sources of caffeine
- Don't take naps during the day
- Drink a warm glass of milk before bed

**Build a strong support network.** Building and maintaining strong, healthy relationships with family members, friends, neighbors and other community members can improve your mental performance in many ways. Often, this involves activities that challenge your mind, and it can help ward off loneliness, stress and depression. It's important to have a support network of people who will encourage and nurture you. So, reconnect with old friends, join a book club or visit the community center.

**Keep learning.** Research shows that a strong relationship between individual level of education and he/she mental function, including your memory. In other words, the more education you receive, the stronger your mind and the better your memory. Regardless of your education level, individual can be a lifelong learner. Take an adult education class, read regularly, keep up with current affairs, learn a new hobby or play challenging games. These are just a few things you can do to sharpen individual mind and help prevent memory loss and forgetfulness.



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