



Boost your memory

Feed your brain right and give it all the stimulation it needs to keep you on track

How many times have you walked into the kitchen to get something, but then forgotten what it was you were looking for? Or asked someone to call your cellphone because you can't remember where you put it? Relax, you're not going crazy. Maybe at the time you were busy concentrating on something else. Perhaps you had too much on your plate that day. Most of the time it's stress and our emotions that make us feel like we're 'losing' our minds. Fortunately there are effective ways to help improve memory. And good foods, too – because just as the rest of the body needs fuel to function, so does the brain.

Says Johannesburg-based nutritionist, Vanessa Ascencio: 'I don't believe that fats should be completely ruled out of any diet. Our brains are made up of 60 percent fat, and feeding them "healthy" fats like Omega-3 and those found in salmon, sardines, tuna and mackerel, will give you an energy boost, improve your problem-solving skills and boost your memory power.' She adds that a diet made up of fruit, vegetables and wholegrains will also help improve memory.

6 MEMORY-BOOSTING HABITS

Socialise

Interacting with your friends regularly is good exercise for your brain. It stimulates your memory and keeps your brain functioning at its optimal best. Even if it means catching up on good old-fashioned gossip over the phone, or exchanging views with your pals, all this can help keep your brain sharp.

Write it down

It seems that when we write things down, we remember them better. So keep a journal, write little post-its and paste them on the fridge at home or at your workstation – or keep a diary reminder on your cellphone, saving all the things you want to remember. Often it's the

minor things that we tend to forget, so write them down too. This is a good way to increase your brain's capability to remember.

Put your memory to the test

Challenge your mind by solving a puzzle with your child, crack the code on a riddle, do a Sudoku grid or a crossword in a newspaper or magazine. Mind games are fun – they help exercise your grey matter with a variety of mental tasks, including maths and logical thinking. Games that get the brain actively working and force you to think in unusual and creative ways are the way forward.