How to Improve Your Memory and Concentration

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Improving the memory and concentration is not an easy task. Like one has to do lots of effort to keep one physically fit. In the same way to improve the memory and concentration one has to put in lot of effort.

Have healthy diet that has the entire nutrient in it. A composite food is a food that provides all the nutrients to your body. The ability of the brain to remember things increases if you are having a healthy diet.

Have a sound and sufficient sleep. If you are not sleeping adequate then the ability of the brain decreases.The brain canâ€™t do problem solving and critical thinking. So give your brain enough rest so that it can work properly.

Maintain healthy relationship with friends and colleagues. Research says that interacting with others is a form of brain exercise. Strong support system of near ones is very beneficial for brain health.

Laugh as much as you can. Laughing is a very good exercise for body as well as brain also. Laughing makes the involvement of the multiple regions across the brain.

Avoid stress and anxiety. Stress is the enemy of the brain as its leads to the destruction of the brain cells and hippocampus. Hippocampus is that part of the brain which helps in the formation of new memories and retrieval of the old ones

Do meditation and yoga. Meditation helps in improving the focus, level of concentration, creativity skills, reasoning skills and learning power. The meditators have more activity in the left prefrontal cortex. Prefrontal cortex is an area for the feelings of joy. It also leads to the increase in the thickness of cerebral cortex which increases the connections of the brain cells ultimately leading to sharp memory and concentration.

Have brain boosting food in your diet. The following nutritional diet plan will help you to improve your memory and concentration:

Include omega 3 fatty acid: The omega 3 fatty acids are very good for the brain. Fish contains a good amount of Omega 3 Fatty Acid. Fish oil can also be used in for cooking. If you are a non-vegetarian you can walnuts, flaxseed, pumpkinseed and soybean.

Avoid saturated fat: The use of saturated fat will increase impair your memory and concentration. So avoid whole milk. Use skimmed milk. Eat fewer amounts of cheese, butter and ice-cream.

Have fruits and vegetables: Eat all the seasonal fruits and vegetables as it helps in the development of brain cells.

Avoid excess alcohol: Over consumption of alcohol leads to the killing of the brain cells. But if taken in moderate it will improve the memory and concentration power.

Use mnemonic devices to memorize things easily. Mnemonics are the clues that help in remembering anything.

Visual Image: You can connect a visual image with a word or name so that you can remember it.

Acrostic: Make a sentence by using the first letter of every word .For e.g; if you want to remember K, I, A, G, B then learn it like Kapil is a good boy.

Acronym: An acronym is made by adding the first letters of all the key words that you have to or remember and create a new word out of it.

Chunking: Chunking means breaking long list of numbers into smaller chunks that is easy to remember. For e.g; 4456789432 can be memorized as 445-678-9432.

Follow them and get good memory and concentration power!

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