Improve Your Memory and Overcome Forgetfulness with These Tips by Cody

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Most people have the habit of forgetting where they kept their car keys, glasses, and other things. In fact, some even forget to turn up for their doctorâ€™s appointments. What do we call this problem as? Yes, it is called forgetfulness. No doubt, this is one of the most common problems not only among the older people but also among the younger lot. Forgetting to keep things in mind doesnâ€™t imply the person has a poor memory. There are a lot of other issues that go into it which we are going to discuss in detail in the following paragraphs. Before that let me tell you the exact reason for me to write this article. Not too long ago, I had the problems of forgetting things too often. Though, Iâ€™m in my 40â€™s I used to forget things very often than most people in my age do. I depended on my wife to help me get all my things. As a clarification, I donâ€™t suffer from any psychological problems nor do I have any other memory issues but Iâ€™m just trying to say how often I forget things. I managed to do some research on the Internet availed by one of the best Time Warner Cable Deals and compile a useful set of information that will help the readers to benefit something out of it. Just scroll down and read through the information.

There is a myth that absent mindedness or forgetfulness is only related to genetic disorders or by-birth problems but that is not the case. Head injuries, stress, or even coughing and sneezing may lead to the affecting the memory power and subsequently result in forgetfulness. The above-said activities directly affect the nerves of the brain and thus lead to poor memory capacity.

Coming to the topic of forgetfulness, the main reason why people forget things or incidents is because they would have failed to pay attention to things that were said or done. And doctors say that a poor diet without proper vitamins may also cause a person to forget very often. Vitamin B12 is one of the most important vitamins for the functioning of the nervous system especially in the brain. Thus lack of vitamins or folic acid in the diet also leads to poor memory.

Tips to overcome forgetfulness

You can improve your memory and concentration by playing brain games. When you try to solve the puzzles you tend to concentrate and think more. This will help to increase the activity of the brain. Remember, an idle brain is nothing more than a rusted brain. Sharpen your memory by engaging in brain activities.

Lack of sleep is another important reason for forgetfulness. Ensure that you sleep for at least 8 hours a day. If you did not get good sleep in the previous night, make sure that you compensate by sleeping the next day afternoon.

If you have work on the computer day long, then try to use the same to your advantage. Set alerts in Microsoft Outlook to remind you do your things on time. Or you can even set reminders in your mobile phone to alert you on time.

Next comes the actual part of remembrance. The next time you keep your keys, wallet, or anything for that matter, make sure that you remember or make a note of the place where you have placed your things. By doing so, the next time you donâ€™t have to search around the entire house to find your things. Just try to recall or refer the handbook in which you have made a note of the things that you have kept.

These are some of the tips I gathered on the Internet websites. Hope the tips help!

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