

Memory Tune™ Course



Day Two

Our Objectives Today:

To find out more about your memory and complete exercises to energize your brain and memory skills.

So Now We Begin

1. Have a drink of water

Effective memory relies on a regular intake of water, preferably in its natural form.

2. Relaxation

Wherever you are, take a relaxation stretch. Breathe in deeply and exhale. It is important to ease the tension from your muscles and to aerate your body. Do this several times.



From Yesterday

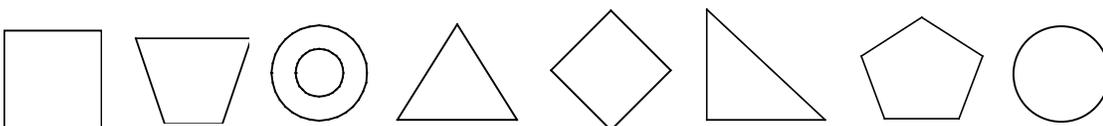
1. Did you get a decent sleep? The quality of sleep you experience can have a profound effect on your memory abilities.
2. Did you note down some of the times when your memory let you down, and look for patterns in the circumstances surrounding the forgetting?

These are your personal triggers - be aware of these and take active steps to control them. e.g. do you lose your train of thought every time you hear an email arrive in your Inbox? Solution: Turn off the 'beep', or mute the sound; deal with emails in a block when YOU choose. This simple step gives YOU control.

Now you'll practise an important memory technique that underpins all of the thinking you do involving concepts that do not use words.

Activate your non-verbal memory:

Look at the following shapes for about ten seconds:



Without looking at them again, draw the shapes you remember.

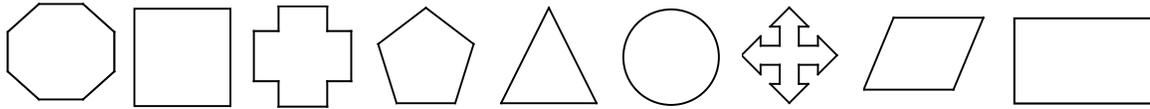
Note: Some people may find remembering shapes difficult because it is a challenge to quickly relate to them in a meaningful way.

If you remembered all eight shapes in sequence, congratulations. Most people recall between 4 and 7.

Non-Verbal Memory Technique:

To help you in the future, here is a helpful way to assist you in recalling non-verbal items.

Focus on each of the following for about 7 seconds and decide what that shape reminds you of. Associate the shape with that memory, e.g. the octagonal shape may remind you of a city centre in a place you know well.



Now, cover the images, and quickly draw them. If you are looking at these on the computer screen, turn away from the screen, and draw the shapes.

This doesn't have to be a work of art – just a sketch so that you know if you have recalled all nine.

How did you do?

For this exercise, not only did you call on your non-verbal memory, you also practised your skills of **association**. *With practice, association will become easier for those who find it a challenge.*

If you remembered six or seven, your **non-verbal memory** and skills of **association** are working well. Less than that, then practise the technique of associating something you already know with something new you are trying to remember. It will become almost automatic after a while.

Association is a useful skill because it allows you to remember the item in two ways e.g. associating the octagon shape with a similarly-shaped city centre encodes the information in two ways, doubling the likelihood of recall.



In Memory Tune 1, you associated a picture with the word naming the object: 'mouse'. Two memory traces formed an **association** in your brain, making recall easier.

It is a well-researched phenomenon that most people consistently remember pictures more easily than words. Words become more memorable when you create an association between them. Look carefully at these words. Associate a word from the first column with a word from the second column. Take a minute to memorize the associated word pairs. Then cover the words and write down as many associated word pairs as you can remember.

letter	sword
book	dam
ant	stars
shield	gate
rain	box
beaver	case
moon	umbrella
fence	hill

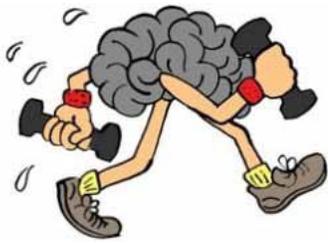
Associated word pairs

Without looking back, answer the following questions about the pairs of words you memorized.

1. Which word is 'box' associated with?
2. Is the word 'post' on the list?
3. Which word is paired with 'beaver'?
4. Is 'ant' before or after 'shield'?
5. Which word was a plural and what was it associated with?

Check back to the word lists and check your answers. Were you able to recall the associations accurately?

Brain Wake Up



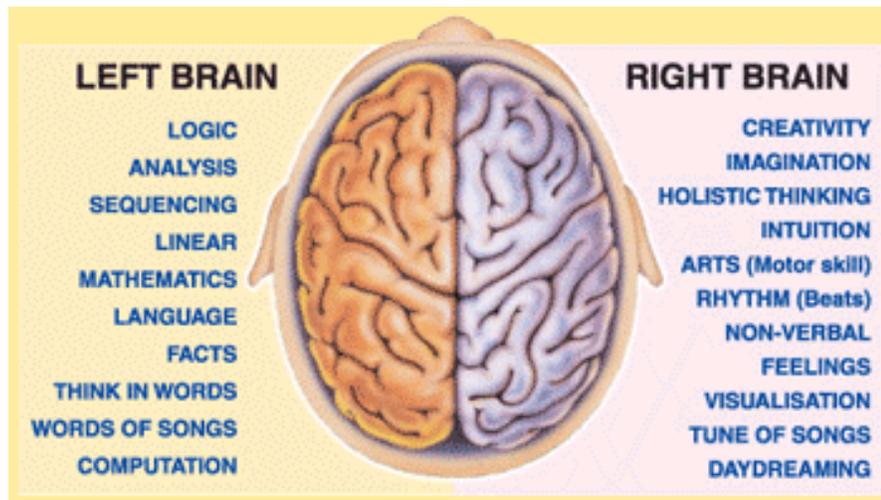
1. It is 10 am. Jennifer has just left James at the corner of the street but she has arranged to meet him at the train station when the small hand on his watch has gone round ten times. What time will James meet Jennifer?
2. You have ten minutes to find 30 words beginning with the letter L. You need 5 first names, 5 countries, 5 animals, 5 fruit, 5 famous people and 5 household objects.

Be systematic with this task. Mentally work through the alphabet for possible letters following L. Try to resist the stress that having a time limit might place on you. Be calm and focused. Try this exercise later with other beginning letters.



Engage in lively, interesting conversations. Keep learning new material. Challenge your thinking by working with younger colleagues - you'll learn a lot!

Activating Both Sides of Your Brain



Everyone tends to have strengths in either one set of skills, or the other; optimum thinking happens when both sets of brain functions are interacting to create memory traces.

Of course, your brain does not have two different colours like this! But each side of the brain has a different way of operating in relation to your memory. To find out more about this, see http://en.wikipedia.org/wiki/Cerebral_hemisphere.

Practise these:

Exercising both sides of the brain

1. Using your Right arm stretched forward, trace in the air a large circle which culminates in completing a figure 8. "A Lazy Eight". Do the same with your Left arm. This activity involves crossing over from one side to the other and activates connections in both left and right brain.
2. With an on-the-spot marching motion, touch your right knee with your left hand, and left knee with your right hand and march 20 times. This activity, combined with the vigorous movements of your 'marching' legs, activates crossover brain connections.
3. Using the hand that you don't normally write with, hold a pen or pencil firmly and write your name.



When you reach your 50's and 60's, you want to enjoy all that you have worked so hard for over the years. Make sure that memory loss does not spoil your fun. Pay attention, remind yourself to focus on what you need to remember. Stay sharp, alert and young!

Recall

Still using your non-dominant hand, draw four shapes you remember from the second exercise today (without looking back at them).

Memory Tip: Recall the connections you made with each shape.



Success at work depends on a sharp brain. Boomers can keep the same alert brain they had when they were young; the secret is to keep challenging oneself with new tasks. Keep those brain cells growing!

Preparing for the next session:

1. During the rest of today, think about the exercises you have completed. What skills did you use? See if you can deliberately use these skills in other tasks you carry out today.
2. Be sure to drink at least two more glasses of water today.
3. Add one more physical activity than is usual for you – climbing a flight of stairs instead of taking the lift; take a brisk walk at lunchtime. Check out the gym!
4. Take note of how well you sleep.

Think well!



Did You Know?

- Information travels between brain neurons at a minimum of 418 km per hour (260 miles).
- Your brain is approximately 2% of your body weight but uses 20% of your body's energy.

Solutions to Brake Wake Up

1. It will be 10 am again but five days later because the small hand on a clock completes two revolutions for every twenty-four hours.
2. There will be many possible answers but here is one solution. Lana, Leonard, Lionel, Lorraine, Lynette; Laos, Latvia, Lebanon, Libya, Lithuania; labrador, lamb, llama, leopard, lion; lemon, lime, lychee, loquat, loganberry; Mario Lanza, Ralph Lauren, DH Lawrence, Jack Lemmon, Charles Lindberg; ladder, lamp, ladle, linen, lock



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