

# Memory Tune™ Course



Day Ten

**It is great to see you back for the next step in tuning your brain. You are making a conscious effort to train your brain and memory; you are building your memory skills and creating a buffer against future memory loss. Well done!**

Yesterday I asked you to start your sleep diary. Have you discovered strategies to help you enjoy a deep, restful sleep? Keep your sleep diary for two weeks so you can see if a pattern is emerging. Your aim is to sleep well for 7 or 8 hours a night.

**Today's memory skills: Revisiting your short-term memory and verbal memory.**

## Relaxation

Today you are back to learning a word lists. Do you feel stress at the very thought? Stress causes shallow breathing, tension, and a lack of concentration so controlling stress is an important skill to master. Sit comfortably and breathe slowly and calmly.

As you breathe in, mentally say 'calm', and as you breathe out, 'relax'. This rhythmic breathing helps to control the release of adrenalin which is the primary cause of anxiety and stress. This exercise will help concentration, focus, and your power of recall.



## Brain Wake Up

Try to complete the exercises without using pen and paper.

a.  $46 + 56 + 66 + 76 + 86 =$

b.  $1234 + 56789 =$

c. Find 10 words ending in -AVE that correspond to the clues given below. There is one letter per dash.

- |                                    |         |
|------------------------------------|---------|
| 1. Conduct yourself well           | ___ AVE |
| 2. Courageous                      | __ AVE  |
| 3. Musical interval of eight notes | __ AVE  |
| 4. A surface that curves inwards   | ___ AVE |
| 5. An assembly of cardinals        | ___ AVE |
| 6. Smooth and sophisticated        | __ AVE  |
| 7. To interlace                    | __ AVE  |
| 8. To depart                       | __ AVE  |
| 9. Last resting place              | __ AVE  |
| 10. To inscribe                    | ___ AVE |



How did you do? You will find the answers at the end of today's Memory Tune.

## Short-Term Memory

Everything you will ever remember passes first through your short-term memory.

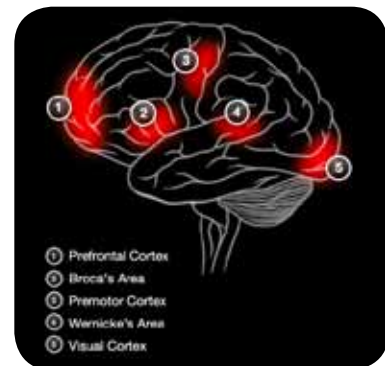
Information about what you see, hear, touch, taste, and smell passes from your five senses to your short-term memory. Most of incoming information is unnoticed and quickly forgotten. When you look at a tree, your eyes see the shape of every leaf, the pattern of shadows and light, and how the leaves, branches, and trunk inter-relate. This information quickly vanishes from your short-term memory unless, of course, you are an artist painting the tree. This example highlights the important of **FOCUS**.



Naturally, you focus carefully on the information that is important to you and your clever short-term memory will 'dump' the rest. If you remembered everything you saw, heard, touched, tasted, and smelt, you would soon be in overload!

## Your Brain and Short-Term Memory

As you can see, short-term memory tasks activate widely-scattered parts of the brain. As you tackle today's Memory Tune, you are activating and sharpening five very important parts of your brain.



## Can You Remember?

Can you recall any of the words in 15-word list you studied yesterday? Write down all you can remember. It is likely to be three or four words less than you remembered immediately after learning the list.

Go back to Memory Tune 9 and try learning the word list again; see how much easier it is than when the list was new to you.

This phenomenon is well-researched as is termed 'savings'; it is much easier and quicker to re-learn forgotten information than to learn it the first time.

The information is still in the long-term memory but the memory trace isn't strong enough for you to recall it. Re-learning the information soon strengthens the original memory trace, making the information much more accessible.



# Exercise Your Short-Term Memory

## Exercise 1

Recite the following numbers several times focusing on each one. Let them make an impression on your mind, as if you were taking a snapshot of them

**6 9 2 8 4**

When you feel confident, close your eyes and allow the numbers to be reproduced on the blank screen of your mind. Still with your eyes closed recite the numbers in order.

Then recite them in reverse order.

Just for fun – add them up, seeing them only in your mind's eye.

Now, practise with the following number strings which grow a little longer each time.

Recite the numbers, letting them make an impression on your mind.

Close your eyes, recite the numbers, recite them in reverse order, and then add them up.

**2 8 4 5 1 9**

**4 9 3 7 2 5 1**

Did you find it more difficult with seven numbers? Remember your short-term memory has a very limited capacity and seven numbers is stretching it!

If you found this exercise tricky, did you remember about 'chunking'. Chunking can 'trick' your short-term memory into thinking a group of numbers is a single item.

Try one more time, this time chunking the numbers into three groups.

**3 5 4 7 1 2 9 8 5**

Did this help? And this time you remembered nine numbers!

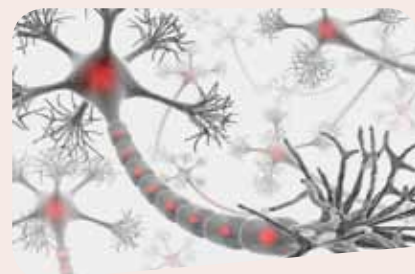
## Exercise 2

Carefully study the photograph on the next page for up to a minute **then cover the picture.**

### Did You Know?

100,000,000,000 – there are about 100 billion neurons in the human brain.

13,500,000 – there are about 13.5 million neurons in the human spinal cord.





Cover the picture and answer these questions:

1. What colour was the girl's top?
2. What did the mother have over her shoulder?
3. Was mother's top plain or patterned?
4. Who was using a walking stick?
5. What colour was grandmother's hat?
6. Who was eating lunch?
7. How many people were wearing caps?
8. Did all the trees have leaves or flowers?

Uncover the picture and check out your answers.

Did you answer six or more correctly?

If not, your short-term memory needs practice!

### To Think About:

Have you noticed the momentary delay between the time you get your toes or fingers hurt and when you feel the actual pain? That's because different types of nerves carry the signals at differing speeds.

When your fingers or toes are injured or at the first touch of a hot surface, the signal travels along a thick nerve fibre at more than 250 miles an hour. Pain sensations are carried along more slowly through thinner nerves.

## Verbal Memory

Does it seem a chore to remember a list of words? Verbal memory is important when you want to remember a shopping list, information read, a poem, what was in the email you read this morning, and a myriad of other tasks.

As you study the list of words, create a mental image of each word. See the word written in your mind's eye. The list is a little longer today!

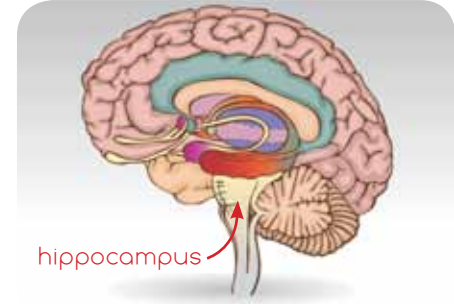
machine	country	cake	bell	sheep
tree	fence	butterfly	bird	light
pencil	magazine	car	office	drink
television	book	clock	shelf	dog

When you are ready, cover the words and write down as many as you can remember.

Are you finding it a little easier now? If not, study the words again. Remember the benefit of 'savings'?

See if there is a way to group the words into categories. Are there animals? Are there items you would find in the house?

Try writing the list again. Did you fare better this time?



## Exercise and Your Memory

Scientific studies have linked exercise with improved brain health. An exciting new study in 2011 found that when 120 adults (55 to 80 year-olds) walked for 40 minutes on three days a week for a year, they expanded the size of the hippocampus deep within the brain. This is exciting news as the hippocampus is absolutely vital to all memory tasks. Not only does your hippocampus file away memories, it connects them with other memories you already have and sends the memories off to be stored in your brain so you can access them. It is the filing clerk for everything you want to remember!

Have you been putting off taking exercise? NOW is the time to take a good, hippocampus-expanding walk three times a week. Your brain will reward you by increasing your memory powers.

*Is forgetting names (and maybe faces) near the top of your memory-problem list? How wonderful to know you can be free of this embarrassment with a little practice. Don't miss 'Faces and Names' in your next Memory Tune.*

### Solutions to Brain Wake Up.

- a.  $46 + 56 + 66 + 76 + 86 = 330$
- b.  $1234 + 56789 = 58,023$
- c. Words ending in -AVE
  1. behave      2. brave      3. stave      4. concave      5. conclave
  6. suave      7. weave      8. leave      9. grave      10. engrave



# Memory Tune™

20 Glen Atkinson Street | Auckland NEW ZEALAND 1071

Allison C. Lamont, PhD (Psychology), MA (Hons) MAPS | Gillian M. Eadie, MEd, BA, LTCL, Dip Tchg  
Healthy Memory Company, Ltd | <http://brainandmemoryfoundation.org>

This edition of Memory Tune is subject to copyright world-wide. Unauthorized use is not permitted.  
Contact The Healthy Memory Company Ltd for licence conditions. [editor@healthymemorycompany.com](mailto:editor@healthymemorycompany.com)