

# We The Brainys

## Understanding How Memory works & 6 Ways to Improve It

### How MEMORY works

Our memories give us a sense of self and make us who we are. However, our memories are more than just files in a filing cabinet. While your first day at school may seem like a single memory, it's actually a complex construction of multiple memories that span your brain.

Here's a look at how your memory works and how you can improve it:

#### 1 OVERVIEW

There are three stages to making and recalling a memory: encoding, storage and retrieval of information.



**Frontal Lobes**  
Working and prospective memory

**Frontal Cortex**  
Spatial, navigation and declarative learning & memory

**Amygdala**  
Emotional Learning

**Temporal Lobes**  
Autobiographical

**Basal Ganglia**  
Implicit memory

**Mammillary Body**

**Cerebellum**  
Procedural memory



## 6 Ways to a Better Memory

#### 1. Learn Something

Stimulating the brain helps it develop a resilience that allow us to fight off diseases like Alzheimer's.

#### 2. Sleep

At least six hours of sleep at night helps improve your memory function & lowers your risk of stroke.

#### 6. Meditate

Reduced anxiety improves blood flow to the brain. Inhale 7-counts, hold for 7-counts, exhale 7-counts.

#### 3. Eat Right

A diet high in leafy green veggies, fish, nuts and healthy oils like coconut & olive may ward off Alzheimer's. Alzheimer's.

#### 5. Walk with a Friend

A workout, stress-relieving social interaction & good conversation are a triple threat against Alzheimer's.

#### 4. Challenge Yourself

Train your brain... memorize three hard to remember names a day to help strengthen your memory.



# Memory How It Works And How To Improve It

**Jin-Ying Zhang**



## **Memory How It Works And How To Improve It:**

## **Memory How It Works And How To Improve It** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Memory How It Works And How To Improve It**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall affect readers.

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