

Your Health Matters

MAXIMIZE YOUR MEMORY

Having a good memory and strong thinking skills can help you make proper judgments and decisions when needed, to help prevent falls.

Tips:

- **Keep fit** and exercise regularly.
- Maintain a **healthy diet** and eat regular meals.
- **Learn** ways to manage your stress.
- Keep **well-rested** and **maintain regular sleep** patterns.
- Participate in activities that **challenge your memory** and thinking skills such as:
 - ◇ Word searches, crosswords, board games, Sudoku, reading a newspaper, magazine or book, learning a new language, participating in regular discussions or conversations with others, exploring nature, listening to music, watching informative TV programs
- Keep up your **social relationships** or seek out new networks of friends.
- **Use a calendar** to record special dates and appointments. Strike each day off as it goes by.
- Create a **daily routine** and refer to it throughout the day.
- **Set reminders** for yourself such as:
 - ◇ Voice messages, writing messages on post-it notes, setting alarms or timers
- **Write things down.** Record important pieces of information such as medications or phone numbers.
- **Be organized.** Have a place for everything and put things back in their place so you will know where to find them.

