

# 12 TIPS TO ENHANCE YOUR MEMORY

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Some people have better memories than others. If you're one of those people who struggles to remember as much as you'd like, don't despair.

**Your potential to have a great memory  
may be better than you think!**

It's possible that you could be remembering a lot more in a few short days with just a few tips and tricks.

**Try these 12 tips to  
enhance your memory:**



1

## REDUCE STRESS

Find some stress-relieving activities that work for you and do these activities each day. Some examples:

- Meditate
- Exercise
- Read a book
- Go for a walk

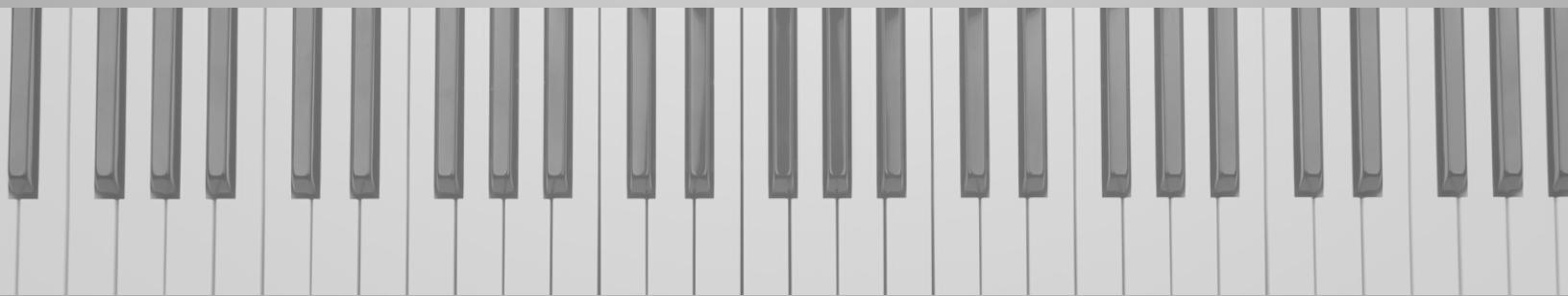
**A relaxed, peaceful, quiet mind is better at storing and retrieving information.**

# 2

## USE MNEMONIC DEVICES

Mnemonic devices are something we're all familiar with. For example, HOMES is a common mnemonic device for remembering the great lakes: Huron, Ontario, Michigan, Erie, and Superior.

- FACE is a common mnemonic used by young musicians to remember the notes on the spaces in the treble clef.
- Make up your own mnemonic devices for the things you need to remember.





3

## READ OUT LOUD

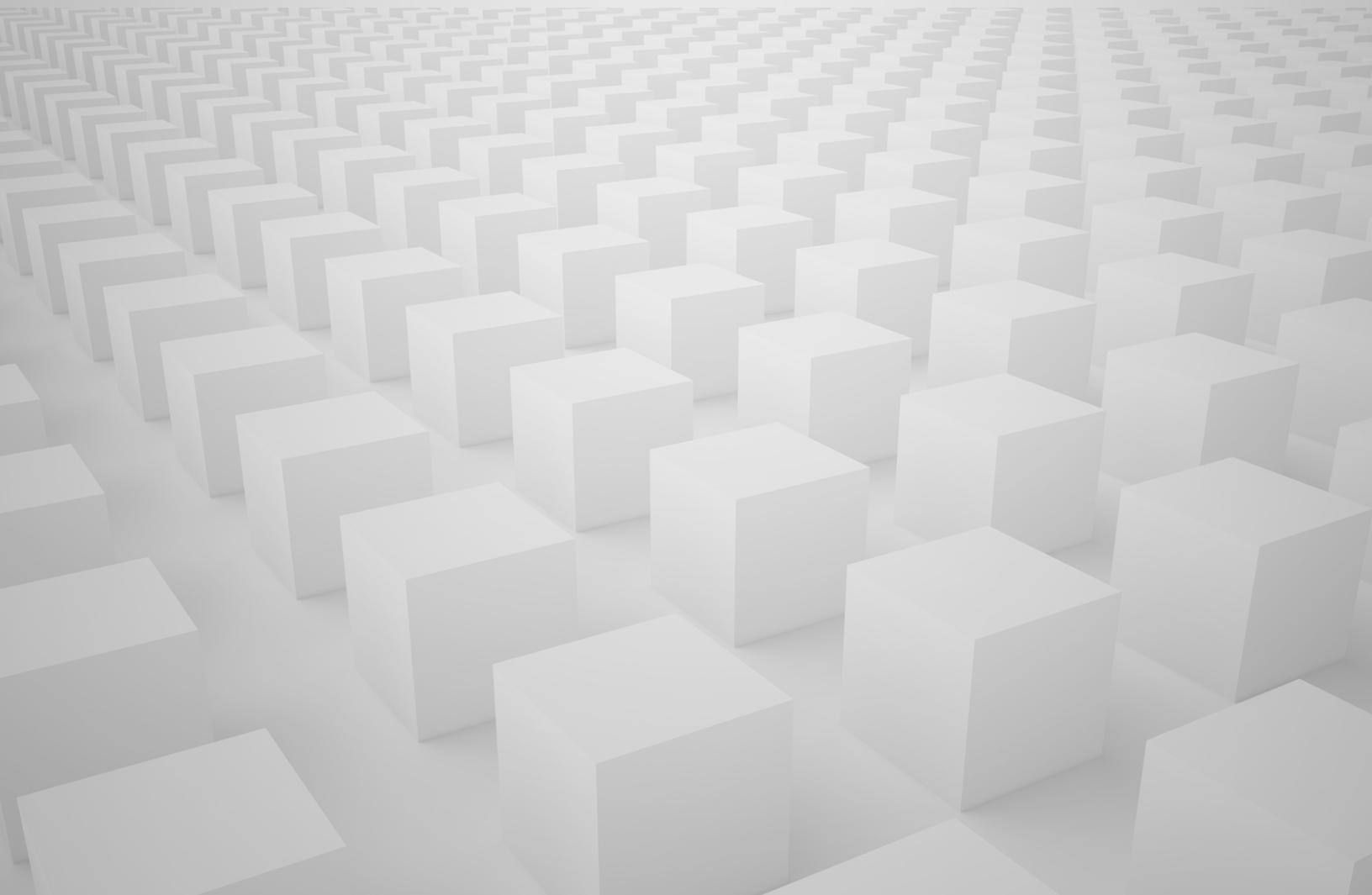
If you want to remember a list of items, read them out loud. Need to memorize a poem for school? Read it out loud. Reading silently or thinking gives you a single exposure.

Reading out loud gives you multiple exposures. You read it, say it, and hear it.

# 4

## REPETITION

**Repetition is the key to mastering anything.** Reading through a list of German vocabulary words once isn't as effective as doing it 10 times.



# 5

## VISUALIZE

Remembering the word “bicycle” is easier if you visualize a bicycle. An even better option is to visualize an outrageous looking bicycle.





6

## PRACTICE REGULARLY

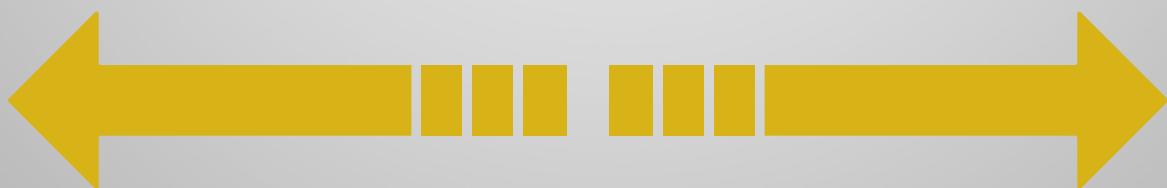
Force yourself to memorize something each day. It could be a grocery list, a random list or words, or items in a photo. Test yourself. Stretch your ability to memorize.

**Daily practice leads  
to fast improvement.**

7

## SPACED REPETITION

Space out your study. Studying for five minutes multiple times a day is more effective than studying for a single, longer period of time.



# 8

## GET SUFFICIENT SLEEP

Your brain needs to process and file new information. It's important to get enough sleep if you want your memory to be at its best. How much is enough?

Most experts will suggest 7-9 hours is a good number for adults. Experiment and see what works the best for you.





9

## TRAIN YOUR BRAIN

As we age, we tend to move around less and tax our brains less. Your brain needs a daily workout. Read something challenging. Play chess. Do crossword puzzles. Try to complete a maze as quickly as possible. Count backwards from 1,000 by 14's.

**Push yourself.**



# 10

## GET SOME EXERCISE

Physical exercise is important. You feel different emotionally and intellectually after you exercise. That's because you are different.

**Every part of your body benefits from exercise, including your brain.**



11

## WRITE IT DOWN

Things you write down are easier to remember. If you want to remember something, write it down over and over.



# 12

## EAT BERRIES

Research has shown that berries are great for enhancing and preserving memory. Try:

Blackberries

Blueberries

Elderberries

Cherries

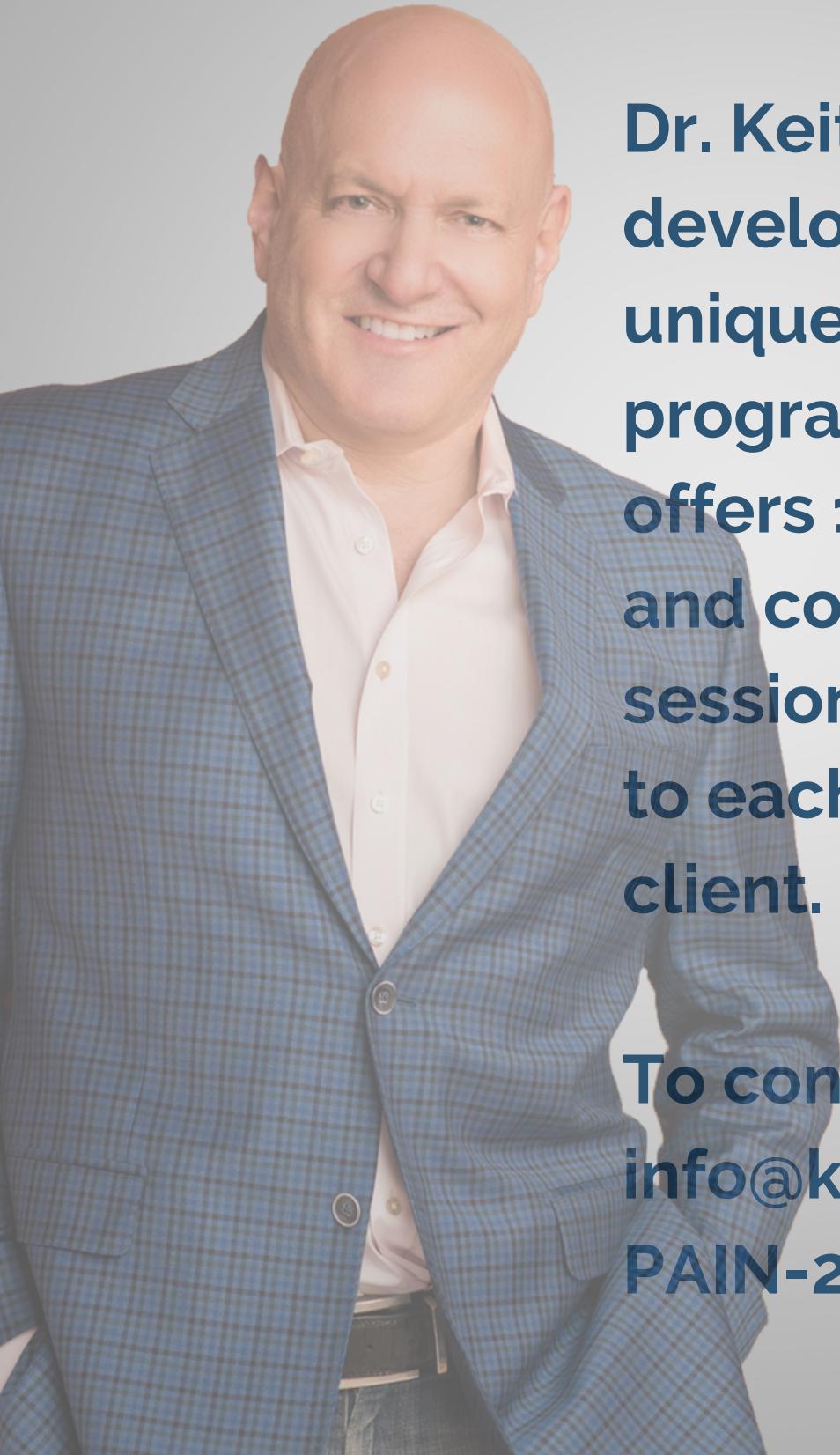


The ability to remember things fades with age, but everyone can have a better memory than they do today.

**Like anything else, your memory will improve if you practice regularly.**

The next time you go grocery shopping, make a list and then put it in your pocket. Do all of your shopping and then then review your list before you check out.

# **PAIN → POWER**



**Dr. Keith Ablow has developed his own unique Pain-2-Power program where he offers 1:1 coaching and counseling sessions personalized to each individual client.**

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