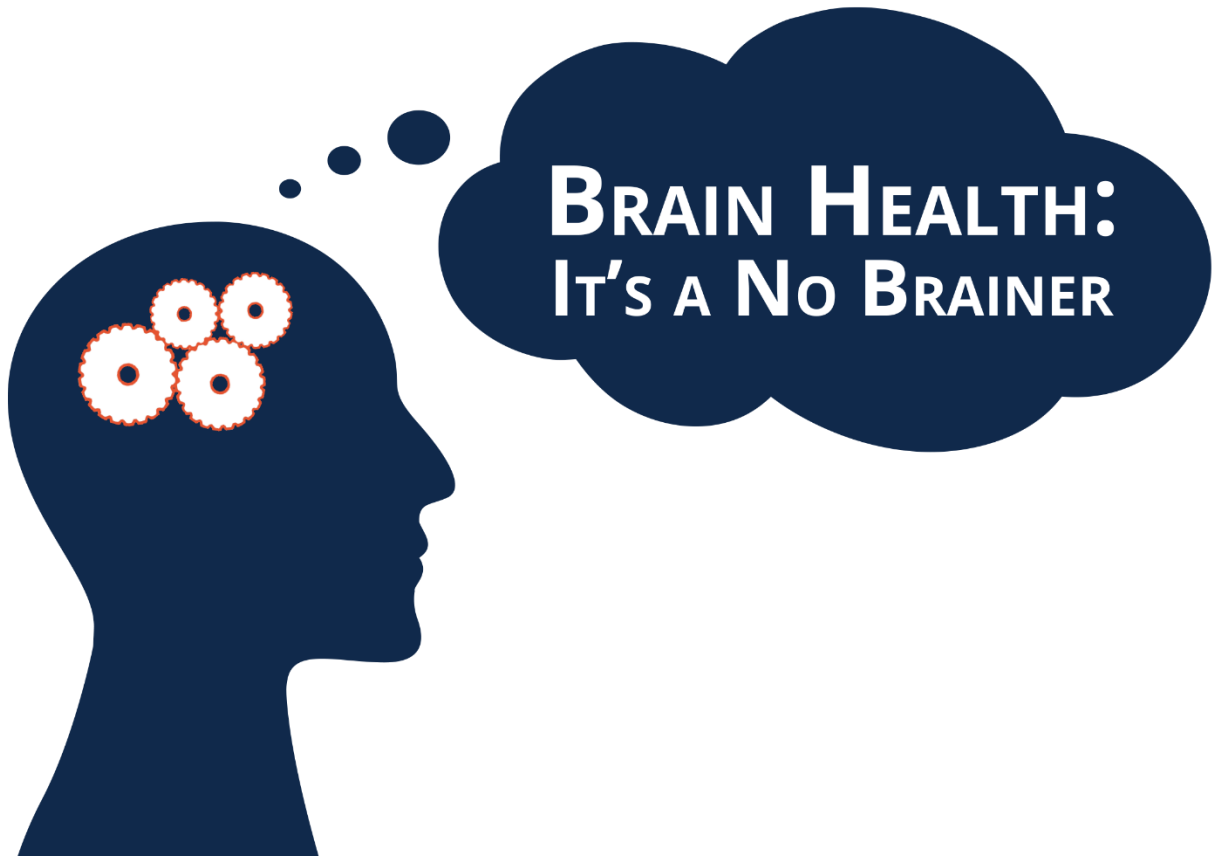


I ILLINOIS

Extension

**COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES**



Hold That Thought

University of Illinois at Urbana-Champaign College of Agricultural, Consumer and Environmental Sciences
United States Department of Agriculture ■ Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.

Activity One: What are you watching?

- Impossible _____
- Company _____
- Barney _____
- Incredible _____
- Heroes _____
- Welcome _____
- Captain _____
- Dark _____
- Junction _____
- American _____
- Color _____
- Legal _____
- Jones _____
- Brown _____
- Son _____
- Loves _____
- Dukes _____
- Beverly _____
- Family _____
- King _____

Types of Memory:

- Short Term Memory
 - Working Memory
- Long Term Memory (Retrospective)
 - Implicit (Procedural)
 - Explicit (Declarative)
 - Semantic
 - Episodic
 - Prospective Memory

It's surprising how much
memory is built around things
unnoticed at the time.
–Barbara Kingsolver

Activity Two: U.S Presidents

a	more	ant	fill	fo
ler	nix	on	yes	roe
nton	lor	ha	ta	john
thur	bus	gar	dams	ar
mon	gr	rd	h	tay
son	ft	ty	cli	field

Forgetfulness Contributors:

- Input – remembering information
- Output – retrieving information
- Human Considerations
 - Emotional
 - Physical
- Environmental Considerations

Memory... is the diary that we all carry about with us. –Oscar Wilde

Activity 3: What Do You See?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____

Activity 4: Free Recall

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

“Teflon brain – nothing sticks.”
-Lily Tomlin

Have a Healthier Brain

Maintaining a healthy brain throughout life is important for its long-term function. Adopting healthy lifestyle habits contribute to your physical well-being, and are good for your brain! Specifically, brains benefit from:

Quality Sleep

The importance of enough and good sleep for a healthy brain cannot be understated! Sleep affects both mental and physical health, and helps you focus better. Aim for seven to eight hours of sleep every night. Consider the following to help you sleep better:

- Keeping a sleep schedule, going to bed and waking up at the same time each day
- Sleeping in a dark, quiet, comfortable environment
- Exercising daily, but not within three hours of bedtime
- Limiting the use of electronics before bed
- Relaxing before bedtime with a warm bath or a good book

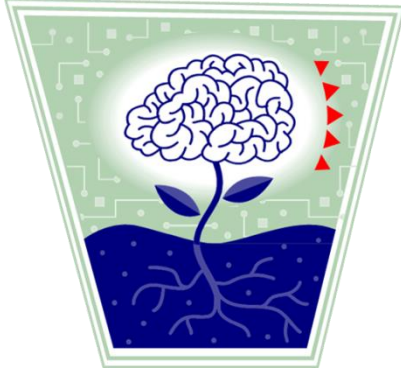
A Heart Healthy Diet

Adopting a heart healthy diet not only benefits your heart, but also your brain. Food influences energy levels, mood, memory, and more and more studies are demonstrating the importance of certain nutrients for brain health. A diet including lean meats, healthy fats, whole grains, fruits and vegetables, low-fat dairy and limited sodium and sugar are beneficial. Staying hydrated is also important, so be sure that you are drinking enough water on a daily basis.



Regular Exercise

Researchers are consistently reporting that what is good for our bodies is also good for our brains. As we age, our brains, much like our bodies, tend to slow down – including slower reaction times, increased difficulty learning new information, as well as problems with multi-tasking. Regular aerobic activity can improve your reaction time, provide better concentration, and increase your ability to focus on tasks. Aim to be aerobically active 30 minutes or more three times a week and have fun with it! Gardening, biking, swimming, or simply walking are excellent activities to get you moving!



The human brain has 100 billion neurons, each neuron connected to 10 thousand other neurons. Sitting on your shoulders is the most complicated object in the known universe.

~ Michio Kaku

Stress Management

Everyone experiences stress in life. We cannot escape it. While some stress is actually good in that it can give you the energy needed to take action, too much or prolonged stress is bad for your body and mind. Research has demonstrated that chronic stress can create changes in brain structure and function. While it is not possible to completely eliminate stress from your life, you can work to manage it. Regularly engaging in activities that you find relaxing is key. Practicing mindfulness techniques, listening to music, laughing regularly, and adopting healthy lifestyle habits can help you reduce the impact of stress on your brain!

Social Connections

Connecting with others and having emotional support enhances the function of your brain. Research has shown that both formal and informal interactions with others stimulates and exercises the brain. Socializing, having conversations, laughing and sharing is mentally beneficial. Maintaining social ties through participation in social activities like card playing, traveling, volunteering, or taking a class are ways to stay socially connected. Even activities like going to the movies with friends, attending church or social/civic clubs, or even going out to dinner can help you stay engaged with others and are good examples of brain exercise.

Intellectual Challenge

Challenging your brain with newness, novelty, and increasing difficulty is one of several things you can do to contribute to your own brain health. Brain exercise is more than just paper/pencil activities like crosswords, Sudoku, or find-a-word puzzles. Anytime you are learning something new like a dance move, language, or musical instrument, your brain gets a workout! Pick intellectually challenging activities that are of interest to you to increase the likelihood that you will stay with it. Once you have "mastered" a chosen activity, take it up a notch to make it more challenging. As an example, if you are an excellent knitter and can make a blanket in no time at all, try learning a new stitch or pattern, or making something more difficult like a sweater.

Strategies to assist with everyday forgetfulness:

- Leave yourself a visual cue
- Written reminders:
 - Take notes
 - Use a calendar
 - Keep a pen and paper out
- Consciously pay attention to details
 - Be in the conversation
 - Be in the moment
- Verbalize when you do something to help you remember
- Don't multi-task
- Avoid interruptions
- Set aside time to focus on a task
- Don't put it off
- Ask for a reminder
- Set an alarm

For more information about brain health & other topics visit the ***Family Files*** Blog at [https://go.illinois.edu/Family Files](https://go.illinois.edu/FamilyFiles)

Notes

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