



5 Essential Lifestyle Changes for Better Memory – Tips from Neuroscientist

Description

Want to keep your memory sharp? A neuroscientist reveals five simple strategies that can give your brain a daily boost. These include good **sleep hygiene**, practicing **mindfulness**, regular **exercise**, engaging in **cognitive activities**, and improving memory through **retrieval**.

Neuroscientist and mental wellness coach Rachele Summers emphasizes the importance of a good night's sleep, recommending between eight to ten hours each night. Summers explains that it's during sleep that long-term memories are **consolidated**.

The contribution of regular physical exercise to brain health cannot be **underestimated**. Summers particularly encourages **aerobic exercise**, which promotes blood flow to the brain and improves memory in adults of all ages.

Practicing mindfulness, focusing on the present moment, is another strategy Summers recommends. She notes that mindfulness has been shown to **thicken** the **prefrontal cortex** - a brain region associated with attention and memory.

Summers stresses the value of engaging the brain through cognitive activities. Learning a new language or an instrument can stimulate brain health and enhance memory performance by promoting the growth of new **neural connections**.

Finally, Summers proposes retrieval activities – practicing information recall without the aid of technology – to strengthen connections holding memory in order to improve long-term **recall** ability.

Vocabulary Insights:

- **Neuroscientist** (/ˈnjuːr.oʊ.səˈn.tɪst/, Noun): A scientist who studies the nervous system and the brain.
- **Aerobic exercise** (/ˈɛr.oʊ.bɪk ˈɛks.ɪ.səz/, Noun): Physical activity that increases your heart rate and the flow of oxygen throughout your body, such as walking, running, or swimming.
- **Mindfulness** (/ˈmaɪn.dʃl.nəs/, Noun): The practice of focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.
- **Cognitive activities** (/kɔːɡnɪv ˈæktɪv.tiz/, Noun): Processes of acquiring and understanding knowledge through thought, experiences, and senses, especially referring to mentally challenging and stimulating activities.
- **Retrieval** (/rɪˈtri.vəl/, Noun): The ability to access information when needed, referring to the third stage in the process of storing and remembering information.
- **Consolidated** (/kənˈsɪl.ɪ.deɪ.tɪd/, Verb): Made physically stronger or more solid; in the context of memory, it refers to the process of making memories stable and long-lasting during sleep.
- **Underestimated** (/ˌʌn.dɪˈreɪ.tɪ.meɪt/, Verb): Assessed too low; not fully recognizing the value,



importance, or extent of something.

- **Thicken** (/ˈθɪk.ən/, Verb): Make or become thick or thicker, in this context, referring to the increase in the physical structure of the prefrontal cortex due to mindfulness.
- **Prefrontal cortex** (/ˌpriːfrʌn.təl ˈkɔːteks/, Noun): The part of the brain located at the front of the frontal lobe, associated with complex cognitive behavior, personality expression, decision making, and moderating social behavior.
- **Neural connections** (/ˈnjuːrəl kəˈneɪʒnz/, Noun): The links between neurons in the brain that are the basis for learning and forming new memories.
- **Recall** (/rɪˈkæl/, Noun): The action or ability to retrieve information from memory.

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Vocabulary List:

1. **Hygiene** // (noun): Conditions or practices conducive to maintaining health and preventing disease especially through cleanliness.
2. **Boost** // (verb): To help or encourage something to increase or improve.
3. **Consolidated** // (verb): Made physically stronger or more solid; in the context of memory it refers to the process of making memories stable and long-lasting during sleep.
4. **Underestimated** // (verb): Assessed too low; not fully recognizing the value importance or extent of something.
5. **Thicken** // (verb): Make or become thick or thicker.



6. **Prefrontal cortex** // (noun): The part of the brain located at the front of the frontal lobe associated with complex cognitive behavior personality expression decision making and moderating social behavior.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which medication is commonly used to treat nerve pain?
Option: Pregabalin
Option: Escalation
Option: Hygiene
Option: Concomitant
2. What process involves making an individual immune to a particular disease?
Option: Inequitable
Option: Immunisation
Option: Samples
Option: Dependence
3. Which term describes something likely to cause disagreement or argument?
Option: Commemorative
Option: Contentious
Option: Consolidated
Option: Wirings
4. What term refers to a revival or increase after a period of little activity?
Option: Hygiene
Option: Resurgence
Option: Samples
Option: Inequitable
5. Which word means having a quality or feature that makes something easily recognizable?
Option: Boost
Option: Dependence
Option: Distinctive
Option: Inequitable
6. What term describes something that requires great effort and determination to deal with?
Option: Dependence
Option: Samples
Option: Challenging



Option: Pregabalin

7. Which term means to make something denser or more viscous?

Option: Consolidated

Option: Inequitable

Option: Thicken

Option: Hygiene

8. What term refers to the state of relying on or being controlled by something?

Option: Dependence

Option: Wirings

Option: Palliative Care

Option: Controlling

9. Which word means reduced in size or pulled together?

Option: Immunisation

Option: Contracted

Option: Underestimated

Option: Cavalier

10. What term means to make something physically stronger or more solid?

Option: Immunisation

Option: Resurgence

Option: Consolidated

Option: Challenging

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. A _____ is a historical account or biography written from personal knowledge.

12. The chef's _____ attitude towards food safety led to hygiene issues in the restaurant.

13. The laboratory technician collected blood _____ from the patients for analysis.

14. Regular exercise can provide a natural _____ to your immune system.

15. Proper _____ practices are essential in preventing the spread of infections.

16. The distribution of resources was deemed completely _____ by the committee.

17. The electrician checked the _____ in the building to identify the faulty connection.



18. The conflict led to an _____ of violence in the region.
19. The politician's speech resonated with the concerns of the _____.
20. The doctor noticed an _____ in the test results that required further investigation.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Some people develop a psychological on substances like alcohol or drugs.
22. The opponent's skills were severely leading to a surprising defeat.
23. The misuse of harmful can lead to serious health consequences.
24. The government implemented strict measures aimed at the spread of the disease.
25. The decision-making process is influenced by the activities of the in the brain.
26. Patients with terminal illnesses may benefit from the support provided by services.
27. The city erected a statue as a tribute to the fallen war heroes.
28. The laboratory requires blood and tissue for diagnostic testing.
29. The electrician carefully inspected the building's electrical for any faults.
30. Adding flour to the sauce will help to it for a richer texture.

Answer

Multiple Choice: 1. Pregabalin 2. Immunisation 3. Contentious 4. Resurgence 5. Distinctive 6. Challenging 7. Thicken 8. Dependence 9. Contracted 10. Consolidated

Gap-Fill: 11. Memoir 12. Cavalier 13. Samples 14. Boost 15. Hygiene 16. Inequitable 17. Wirings 18. Escalation 19. Populace 20. Abnormality

Matching sentence: 1. Dependence 2. Underestimated 3. Substances 4. Controlling 5. Prefrontal cortex 6. Palliative Care 7. Commemorative 8. Samples 9. Wirings 10. Thicken

CATEGORY

1. Health - LEVEL4

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2. cognitive activities
3. lifestyle changes
4. memory enhancement
5. memory recall
6. mental wellness
7. mindfulness
8. neuroscientist advice
9. sleep hygiene

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