

12 SIMPLE BRAIN SAVERS

TO INCREASE YOUR MEMORY AND FOCUS



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by

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MENTAL EXERCISES TO BOOST MEMORY

As we age, our memory gets worse. At least, that's what most people believe, but it doesn't actually have to be that way. If you are interested in keeping your memory going properly, you just need to do a few simple exercises to keep your mind alert and working well.

1. MEMORIZATION

This used to be something people did all the time. Part of schooling was memorizing poetry or times tables, etc. However, things have changed drastically and many people don't know how to memorize as well anymore. It's just not a part of our lives.

You can make this something you do on a regular basis again, though. Once you start memorizing things, you'll find that everything is easier to remember. **To start, though, you should focus on memorizing poetry, Bible verses, or song lyrics. You can even try to learn your grocery list by heart.**

Memorization can help stretch your mind and form new neuron paths. It's part of ongoing learning, which is always a good idea.

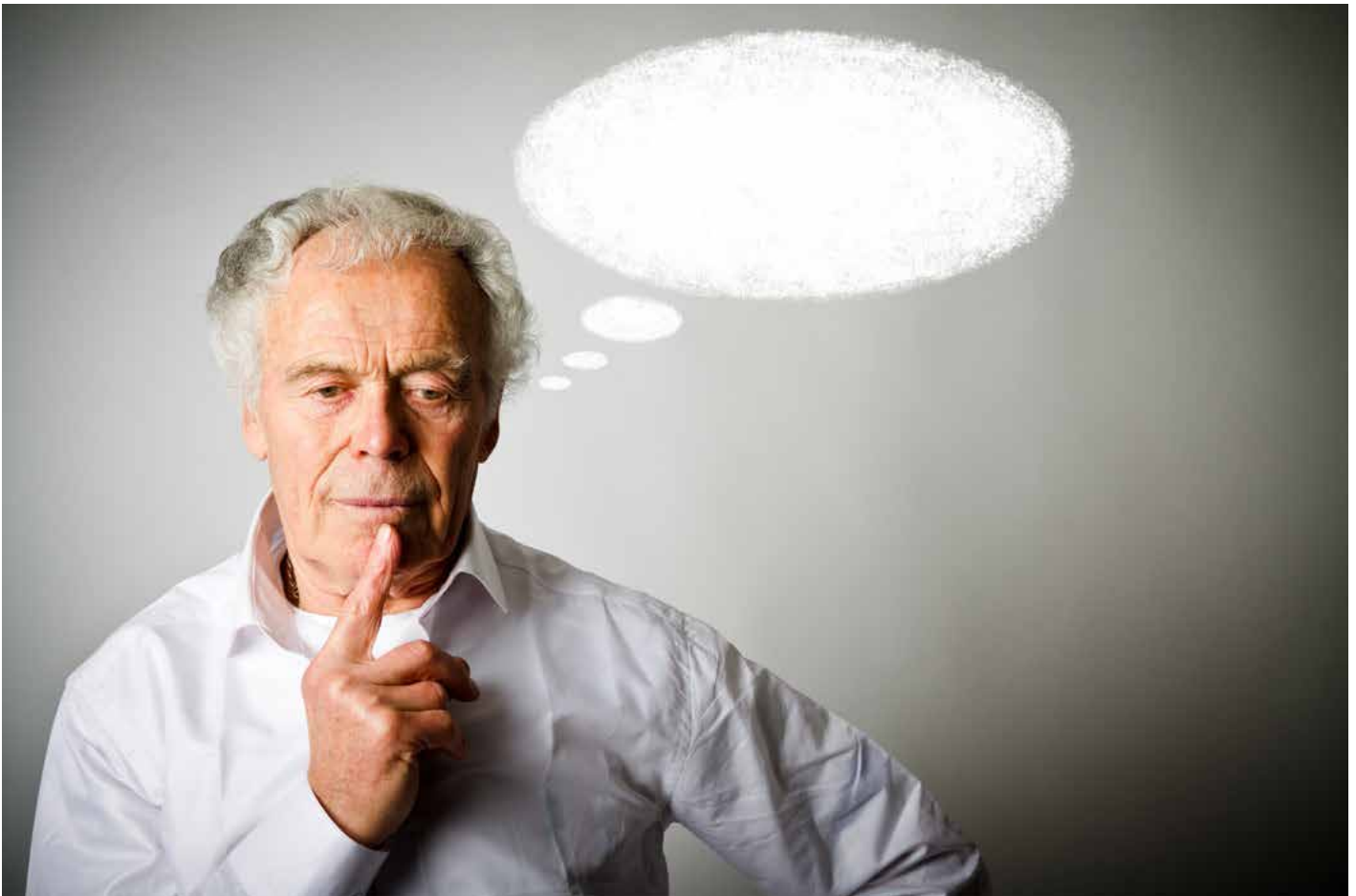


2. VISUALIZE SOMETHING

You can work your brain and exercise it by just closing your eyes and picturing something. It's usually best to do this with positive things to keep your mind focused on happy thoughts. Here's a brief exercise you can start with.

Close your eyes and imagine a deserted island. Visualize how big the island is. What kind of beaches it has, sandy or rocky. Imagine the trees that grow there and a waterfall of fresh, clear water plummeting down to the beach. Picture fruit growing, crabs scuttling, etc. Dream up all the possible options for your island. **Think of the details and then see them in your mind's eye.**

This does take some practice, so you might need to look at some images of islands to get you started. Then you can start to expand your visions. Visualize your dream house, a business, etc. You can do this whenever you have a chance to sit quietly and it will help your brain work better and improve your memory.



3. ASK WHAT IF?

Exercise your brain by asking what if questions and then following the idea to its natural conclusion. For example, you might think, “What if the world really was flat?”

You could then consider the ramifications of air travel, boats, and even mapping. How would the world change? How would our approach to the world change?

By going over the many ways things could turn out, you’ll end up using your brain more. The more active your brain is, the better it will work over time. You can actually keep your brain young by simply thinking of unique scenarios.

Other fun ideas include:

- **What if a zombie apocalypse occurred right now?**
- **What if you found a litter of puppies under your car?**
- **What if you won \$1 million?**
- **What if you could travel anywhere in the world?**
- **What if your country became a third world country?**

You can also do this with any situation you’re in. If someone asks you if you’re interested in working somewhere, consider the possibilities if you said yes . . . and if you said no. There are plenty of scenarios on a daily basis that can be used to get your brain working.

Aside from these three exercises, you’ll find that simply keeping your brain busy is helpful. Look for puzzles and games that work your brain, like Sudoku, crossword puzzles, or even mazes. You’ll be stretching your brain and building new connections.

However, it’s also helpful to pick up new skills. Try a new hobby, or learn a new language. These are things that can build your brain’s connections and help it stay flexible. You’ll have a younger-feeling brain when you keep it active.

CLEAR YOUR MIND AND SLEEP LIKE A BABY

If you find yourself dealing with constant thoughts running through your head all day long, you may be interested in learning how to eliminate those. Not only that, but you'll find that you sleep far better if you aren't dealing with a brain that runs on a hamster wheel all night.

There's not much more annoying than being exhausted and still having thoughts pouring through your brain. What if you could stop those and calm your mind so that you can sleep soundly? That's what this section will teach you.

Not only will you sleep better, but you'll learn how to handle invasive thoughts throughout the day, too.

4. MEDITATE

Meditation is a wonderful way to help your brain calm down and it works particularly well if you find yourself struggling to sleep. Clear out your mind before bed with a meditation session and you'll probably fall asleep within minutes.

To meditate, you're going to focus on your breathing and being present. Take slow, deep breaths and let them out equally slowly. Focus on the oxygen flooding into your body and spreading through your cells. You shouldn't let any outside thoughts come into your mind, so concentrate on relaxing your entire body and fill your mind with it.



This activity requires some practice. It takes a lot of time to perfect the ability to focus only on one thing and not get distracted. Lying in bed, in the dark, is the perfect time to try it and you'll find that it is the ideal way to calm yourself for sleep.

You can meditate any time. So if you are feeling overwhelmed or stressed, try taking just one minute to breathe deeply and concentrate entirely on your breathing. It literally takes one minute and you'll feel calmer. If you can stretch that out to five minutes, you should be able to readjust your thoughts and make sure you are more focused.

5. LISTEN TO MUSIC

A very simple brain saver is to just turn on some relaxing music. What you find relaxing will be different from what someone else finds calming, so you'll have to figure out which music works best for you. Most people start out with classical music. You may like some instrumental music that you find by searching "calming sounds" online.

Music helps your thoughts calm down and gives you something to focus on. When you're thinking about and listening to the music, it is harder to be thinking of everything else. You'll find it is very calming and lets you fall asleep easier.

During the day, you can use music as a way to calm your thoughts, as well. Use earphones if you're at work or in a public place.



6. WRITE IT DOWN

One of the most useful techniques for eliminating repetitive or intrusive thoughts is to write them down. Do you find yourself constantly thinking of tasks you need to get done, but you don't have what you need? Write it down.

Do you find it tough to sleep because you're lying there and suddenly realize you need to add something to your to do list? Write it down.

Keep a pad of paper by the bed, along with a pen, so you can quickly scribble down whatever is popping into your mind at bedtime. Once you've written it, tell yourself that there is now a record of it and you will deal with it appropriately in the morning. This eliminates the need to stress and worry and wonder if you're going to forget. You know it's there for you to see later and you can sleep with a clear mind.



Once you're sleeping better, thanks to banishing those annoying racing thoughts from your brain, you'll find that you are more alert each day. Just the fact that you're getting a restful night's sleep instead of tossing and turning as your brain runs through a litany of chores you need to get done, will help immensely.

SUPERCARGE YOUR BRAIN AND THINK YOUNGER

We often refer to people who are youthful as “young at heart.” However, they’re really young of brain! When your mind is healthy and well nourished, you’ll find that thinking younger is easier than it sounds. It doesn’t matter what your age, you can keep your brain youthful and even supercharge it with these simple tricks:

7. BE POSITIVE

Positive thinking will keep your brain young and also give it extra power for learning. You’ll notice that once you ditch the negative voices that are constantly playing in your head, you will be able to think clearer.

Positivity is something that requires practice. You can start with a gratitude journal. Just write down three things you’re thankful for every night before bed. Pretty soon, you’ll find yourself noticing little things that make your life better. The more you look for the positive, the more you’ll see.

OTHER WAYS TO BUILD A POSITIVITY HABIT INCLUDE:

Do something nice for someone else. Pull a chair out for someone, hold a door, or just compliment them. You’ll feel good about yourself and they’ll have a better day. This positively affects your brain.

Use affirmations daily. Pick a motto or affirmation that you like and repeat it to yourself on a daily basis. Something like, “I am strong and capable.” Or “I can do this.” This is basically a fake it until you make it thing, since repeating the phrase over and over will eventually result in believing it.

Reverse negative self-talk. When you’re tempted to think something negative to yourself, such as, “I’m such an idiot!” make a point of noticing this and changing it to something positive like, “That was challenging and I’ll do much better next time.”

Say thanks. Thanking people is another habit you should cultivate. You'll find that it makes you more appreciative of everything you get to see and do in life. It will also make other people feel better about themselves and that's always a positive.

Eventually, it becomes habit to think in a positive light and you will automatically self correct when you start to think something unpleasant to yourself. It's a process, but one that is well worth undertaking, since you will gain a lot of benefits from it. And as a bonus? You'll have a more youthful perspective on life.



8. GET SOME SLEEP

Did you know that one of the best ways to give your brain a jump is to sleep? This is exactly the opposite of what most people do when they're in need of a brain boost. Think of when you had exams in university and spent all night studying and cramming to pass. If you'd taken a nap in the middle of it, your brain would have been in much better shape for that exam.

Even a short nap can help reset the brain and give you a whole new perspective on life, but nothing beats a good night's sleep. If you have difficulty sleeping, consider drinking some herbal tea before bed, or taking a melatonin supplement to help your body recognize that it's bedtime.

You should also turn off any and all devices an hour or so before heading to bed. Read a book or talk to your spouse before you drift off and you'll sleep far better than you expected. Take a look at the previous chapter on sleeping like a baby, too.



9. DELETE YOUR STRESS



This is easier said than done, but there are quite a few ways to eliminate stress. You can try:

- **Getting a massage**
- **Meditation**
- **Adjusting your job to suit your lifestyle**
- **Spending time in water**
- **Taking a vacation**

If you are having a really hard time bringing your stress levels down, you should consider talking to a professional. Sometimes a counselor or life coach can help you reduce your stress levels and get you back on track.

Stress has a number of unpleasant effects on the body, so it's best if you keep it to a minimum. It can even restrict your immune system, which will result in inflammation throughout the body, including the brain.

These methods will help you supercharge your brain, but there are more options available to you. Namely, what you ingest. Let's take a closer look at how your diet can affect your brain and how well it functions.

EAT RIGHT FOR BRAIN HEALTH

If you really want to keep your brain in excellent working condition, you'll need to consider what you're feeding it. Junk food may be tasty, but it won't give your brain the nutrients it needs to keep working well.

So, what do you need to eat and drink in order to make sure you are thinking clearly? Let's take a look.

10. DRINK MORE WATER

Your body is 70% water and your brain is slightly more than that. If you get even mildly dehydrated, it can drastically affect how well your brain functions. You'll notice that you have dizzy spells, and you may feel foggy or unable to concentrate. This is just with minor, chronic dehydration, which a large number of people suffer from.

Make sure you drink your eight glasses of water every day so your brain can remain hydrated. Keep in mind that caffeinated drinks, while they perk you up temporarily, can act as diuretics and flush more water out of your body. If you're drinking coffee, be sure to follow it up with water.

For those who find water distasteful, adding a little fresh fruit or a splash of juice can help make it more palatable. A squeeze of lemon juice really brightens the flavor and you'll find it easier to drink. There are also water flavor drops that can work well for giving water a flavor so you can drink more of it easily.



11. EAT A VARIED DIET

One of the worst things you can do for your body, and your brain, is eat the same foods all the time. Your body needs variety in order to get all the different nutrients that are essential for life. To be totally healthy, you're going to have to mix it up a bit.

Fresh vegetables: These are essential in any healthy diet. You can't go wrong with eating a lot of fresh veggies. Try salads, green smoothies, and soups to help you get your servings in. Leafy green vegetables like spinach, broccoli, kale, and chard are particularly good for your brain.

Fruit: While you don't want to go overboard on sweet stuff, fruit is healthy and provides your brain with the necessary glucose to keep it working efficiently. Want extra benefits? Grab cherries, blueberries, and kiwi fruit for the best results.

Fish: Fatty fish like salmon, contains omega 3 fatty acids, which are essential to brain function. You definitely want to have this on your diet. If you're not interested in eating fish, then you can opt for chia and flax seeds, since they also contain this fatty acid.

Nuts: Walnuts, peanuts, and cashews are just a few of the nuts that you can add to your diet in order to boost your nutrition. They're full of vitamins, minerals, and healthy fats that will aid your brain in its function.

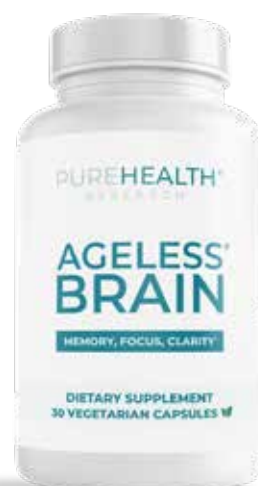


12. TAKE SUPPLEMENTS

Ideally, you'll get everything you need from your diet. However, that rarely happens, since life is complex and you may not be able to create from scratch meals all the time, with the healthiest ingredients. That's fine, you can use supplements to help give you what your brain needs.

You can take Omega 3 supplements, as well as B12 to ensure your brain is in optimum condition for learning. However, it is usually more beneficial to choose a supplement that is designed specifically for your brain health.

Our Ageless Brain supplement gives you a variety of nutritional boosts in one capsule so you can boost your brain without stressing about diet. It contains several super ingredients that will benefit your brain health and keep you feeling great. You'll be more alert and able to concentrate better, too.



[LEARN MORE >>](#)

Your brain is an amazing organ, capable of so much. Unfortunately, we often limit ourselves with very minor habits that have a big impact. Negative self talk, dehydration, and lack of sleep are very easy to fix, but they tend not to rate high on the list of priorities. When you make your mental health a priority, you'll be surprised at how much of a difference it makes in your daily life.

Today is the perfect day to start looking after yourself. Choose one of the steps in this book to start using right now and you'll be that much closer to a healthy, happy brain.

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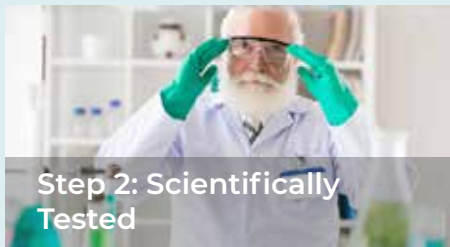
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