

How to Keep Brain Fit for Work!

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My memory

- Why did I come to the store room?
- What's my new password again?
- What was just decided at the meeting?
- His name's on the tip-of-my-tongue
- I've left the reports behind on my desk ...
- Where did I put my car keys!

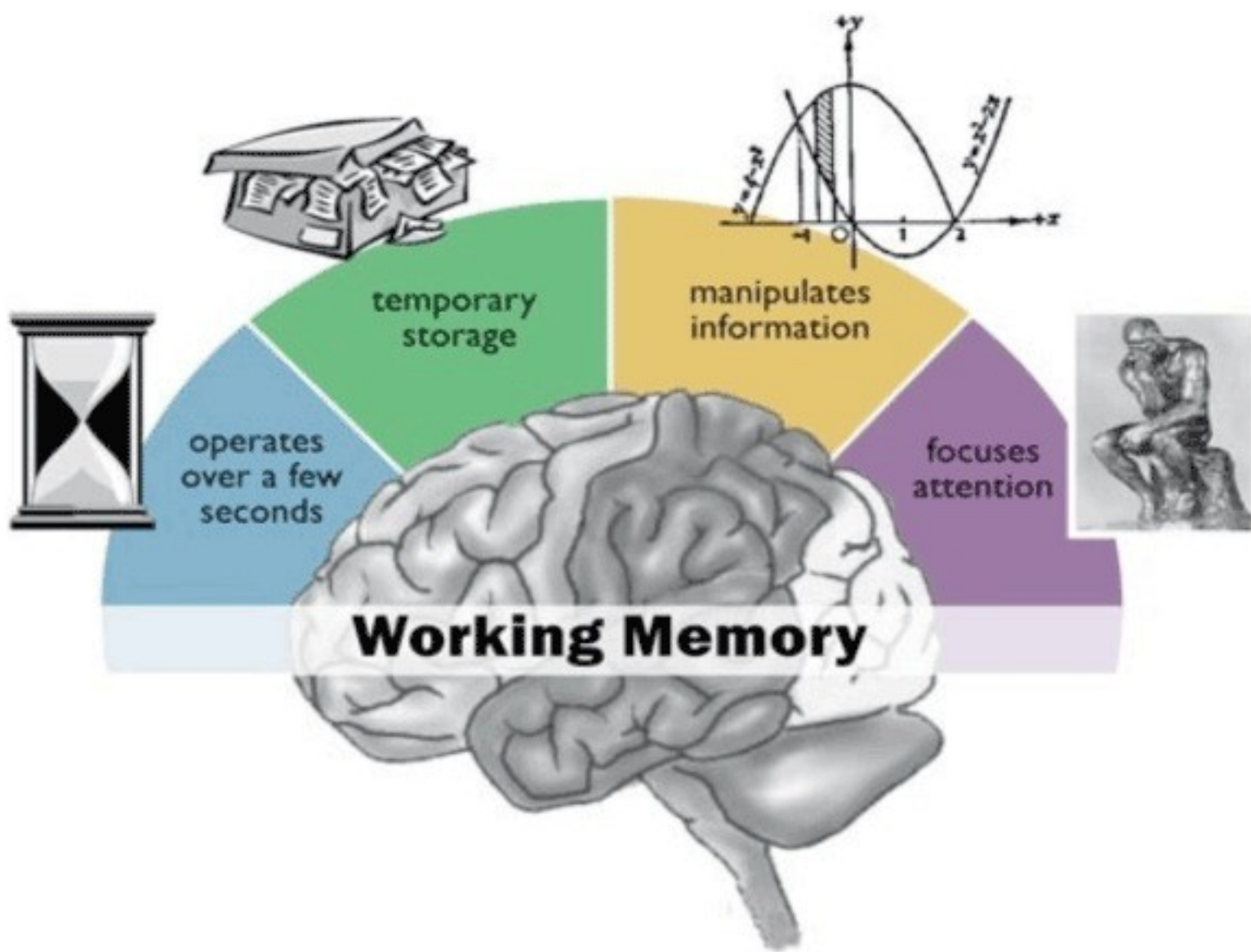
Top 10 lost items:



1. Mobile / smartphone
2. House keys
3. Car Keys
4. Paperwork
5. Sunglasses / spectacles
6. Purse / wallet
7. Lip balm
8. Hair brush
9. Gloves
10. Umbrella

Today

- ▶ Getting to know your brain
- ▶ Why it sometimes ‘lets you down’
- ▶ How to make a difference to the way your brain remembers





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- ▶ mirror,
- ▶ basketball
- ▶ agenda
- ▶ tree
- ▶ umbrella

Let's meet some new people.



Write the numbers 1 – 9 on
your paper



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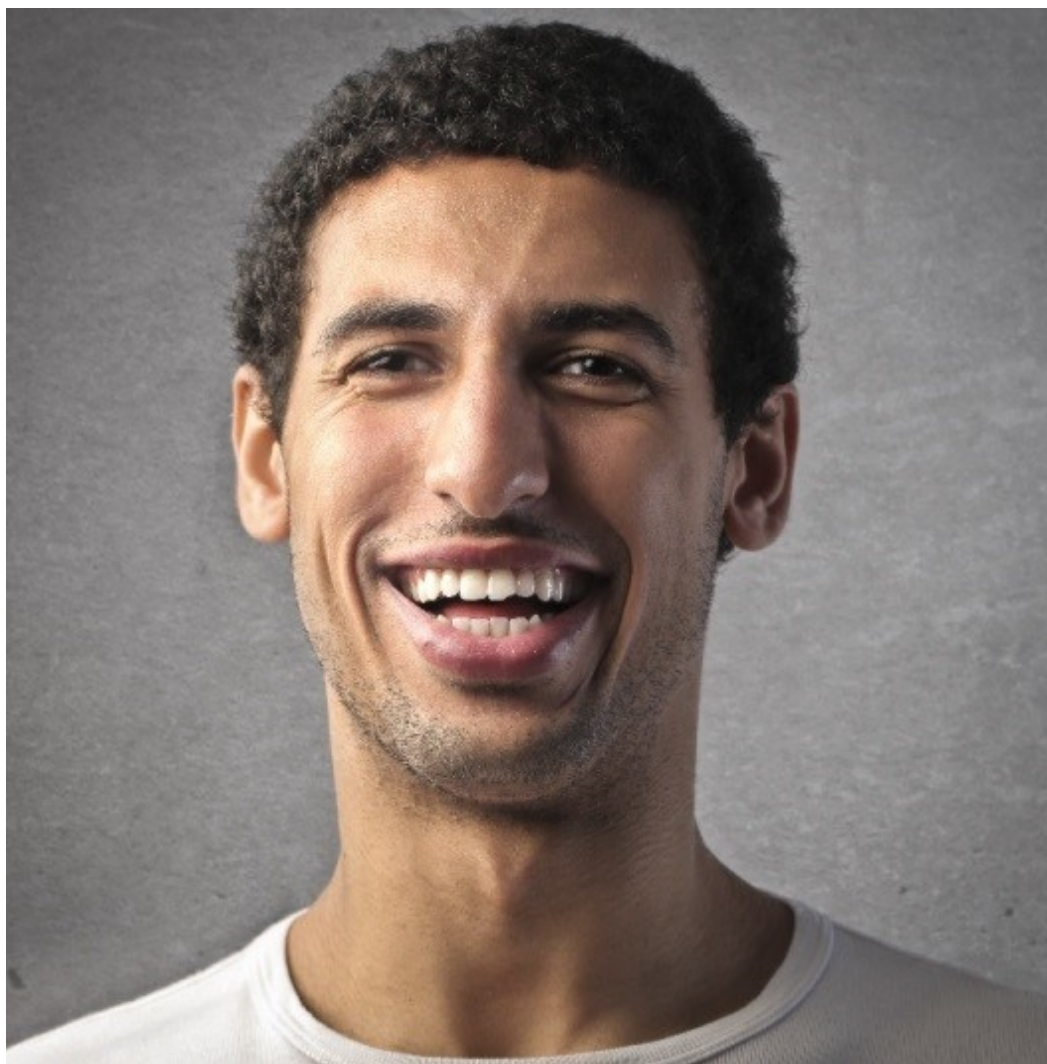
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Now let's check your
face recognition skills.

Which one have you seen before?

Put L or R next to each number.

Ready?

L



R

L



R

2

L



R

3

L



R

4

L



R

5

L



R

6



L



R

7

L

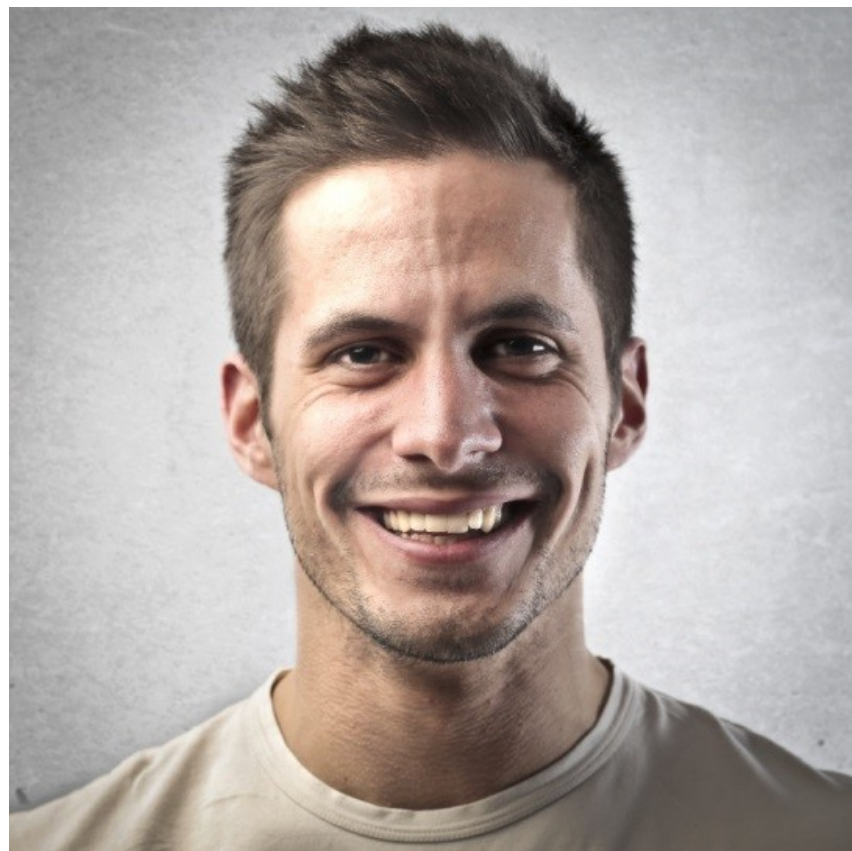


R

8



L



R

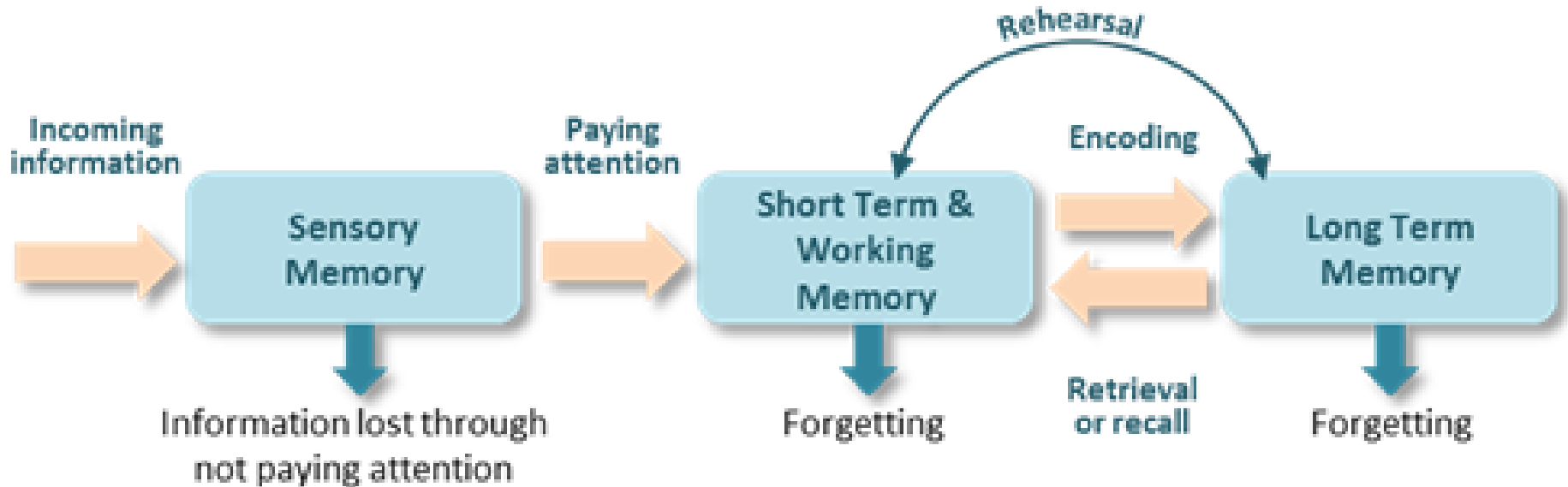
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How did you do?

Why We 'Forget'

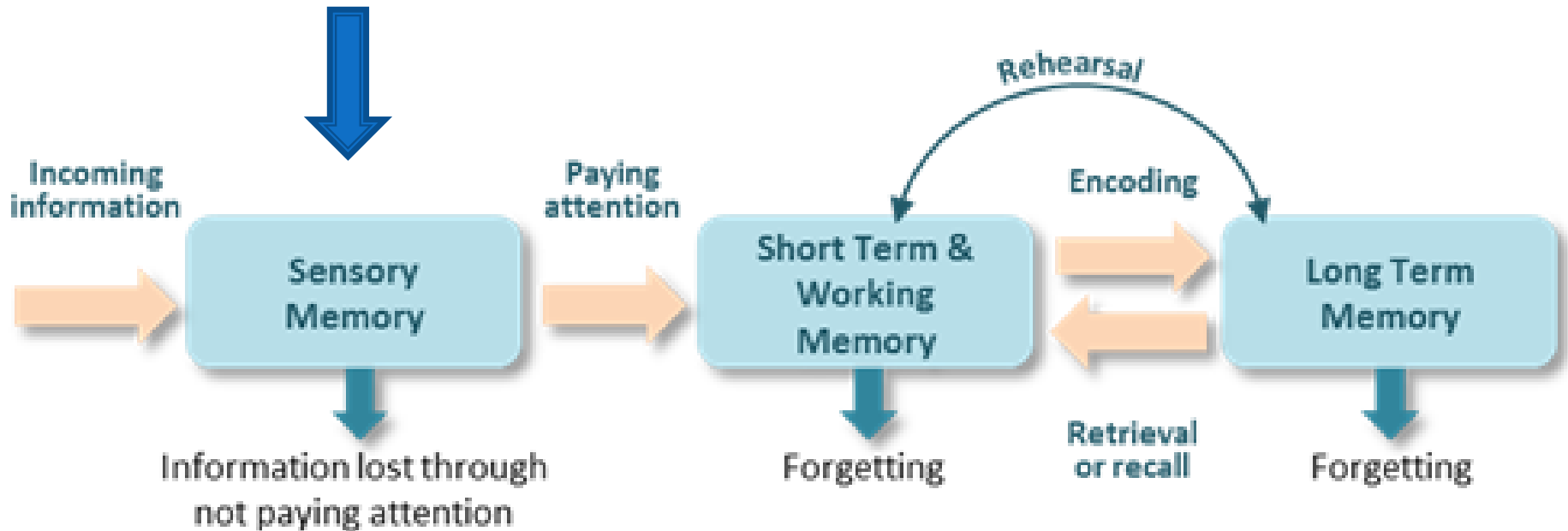
- ▶ Not paying attention
- ▶ Too few memory traces
- ▶ Overlaid by something similar
- ▶ Wasn't encoded at all
- ▶ Fades through time if not used
- ▶ Brain connections may be 'out of shape'

The miracle is that we remember at all!
The brain is designed to forget



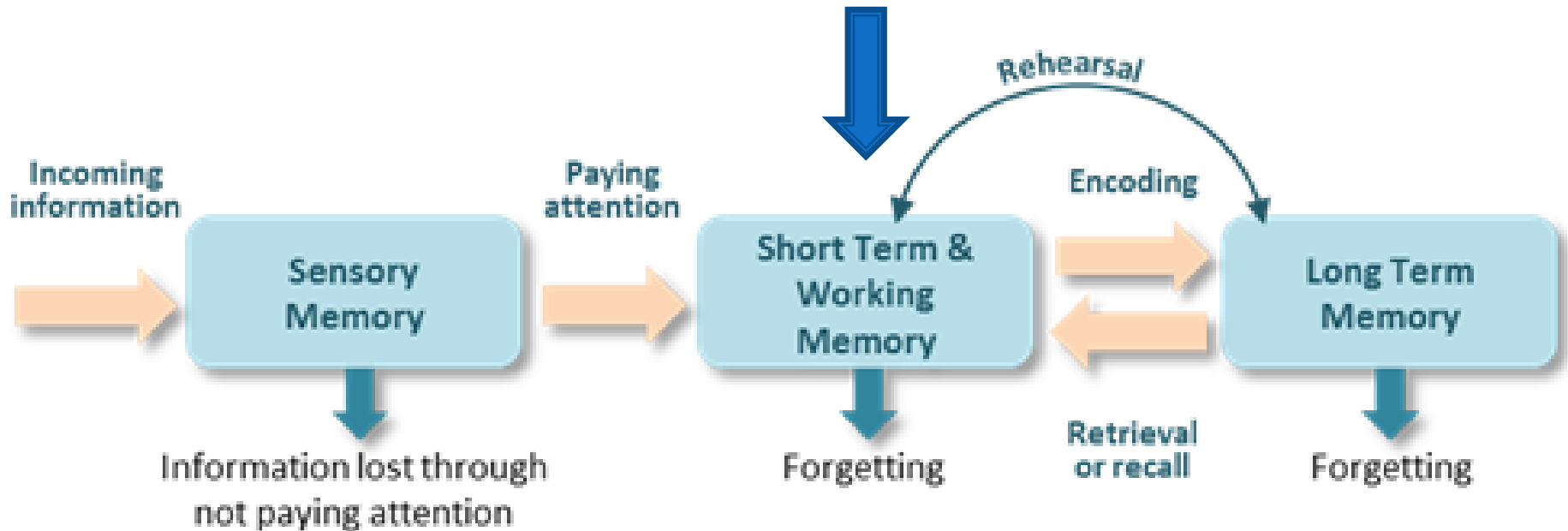
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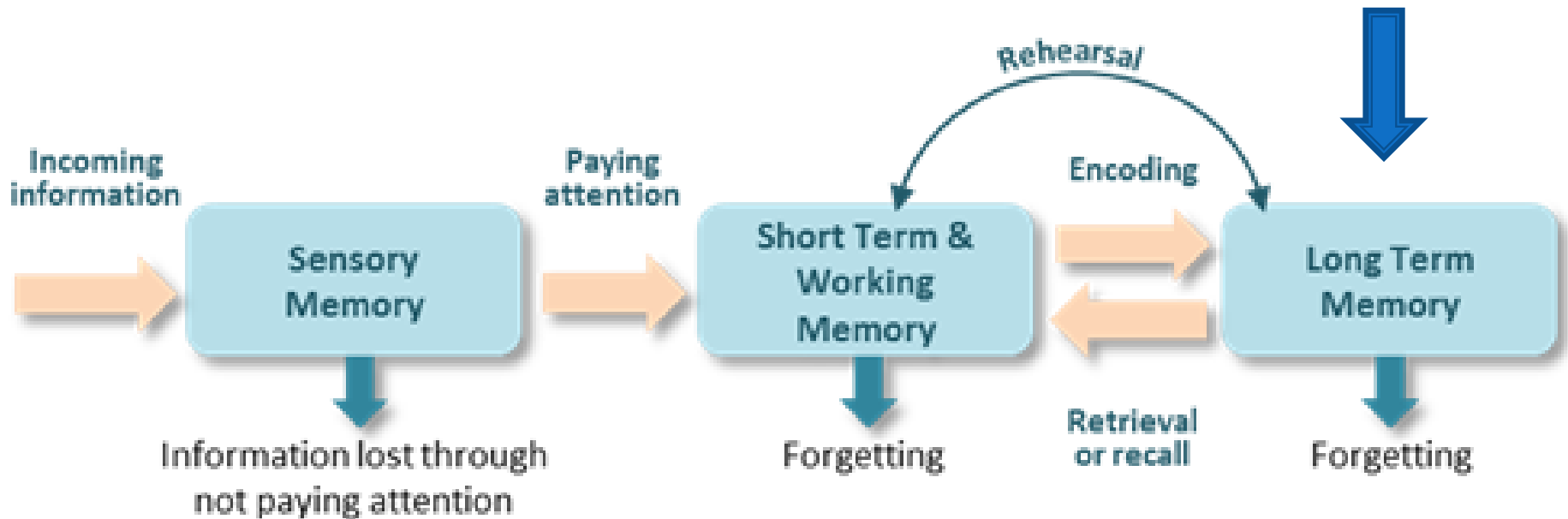
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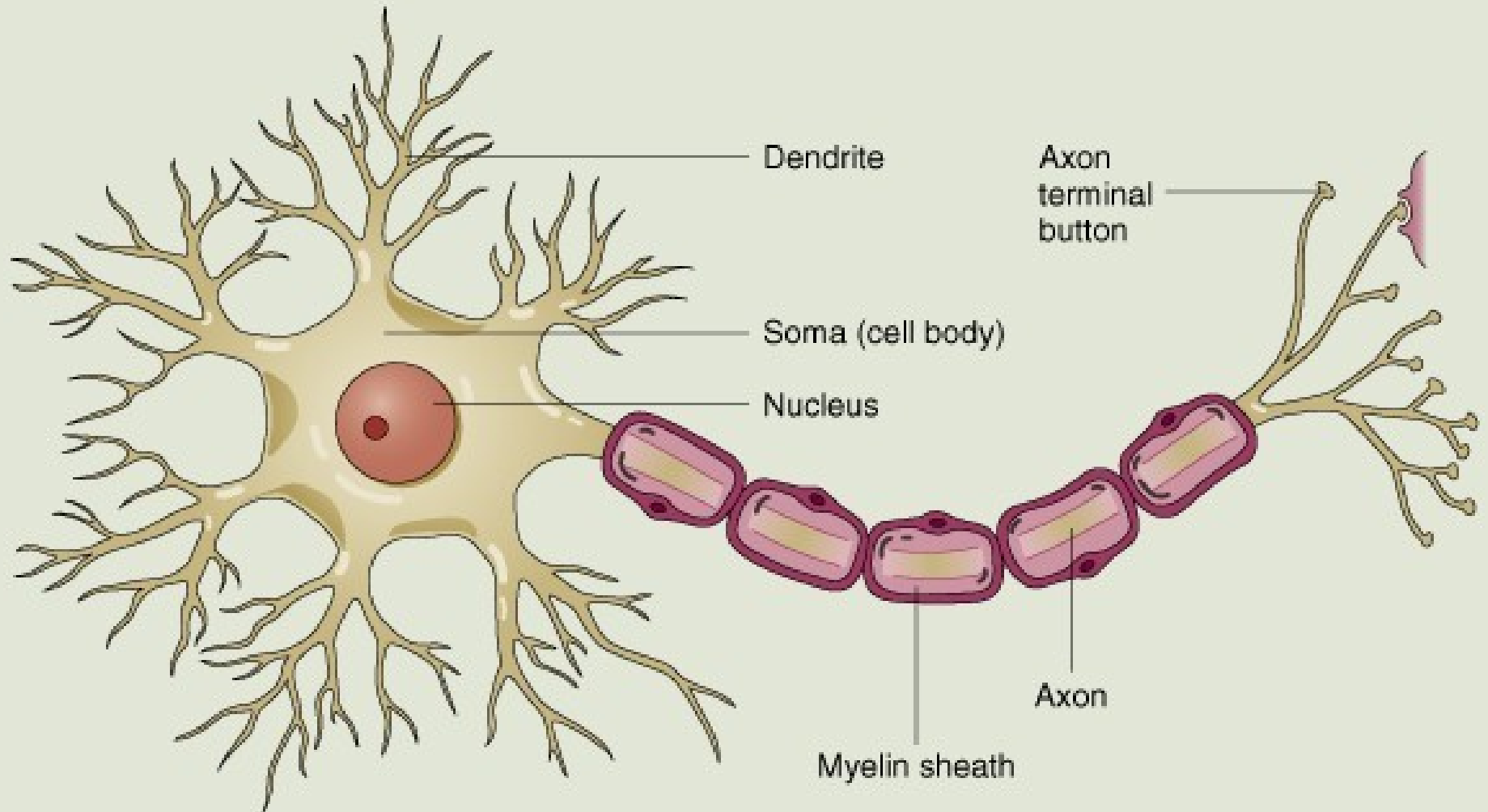
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**You recall only what you have
processed**

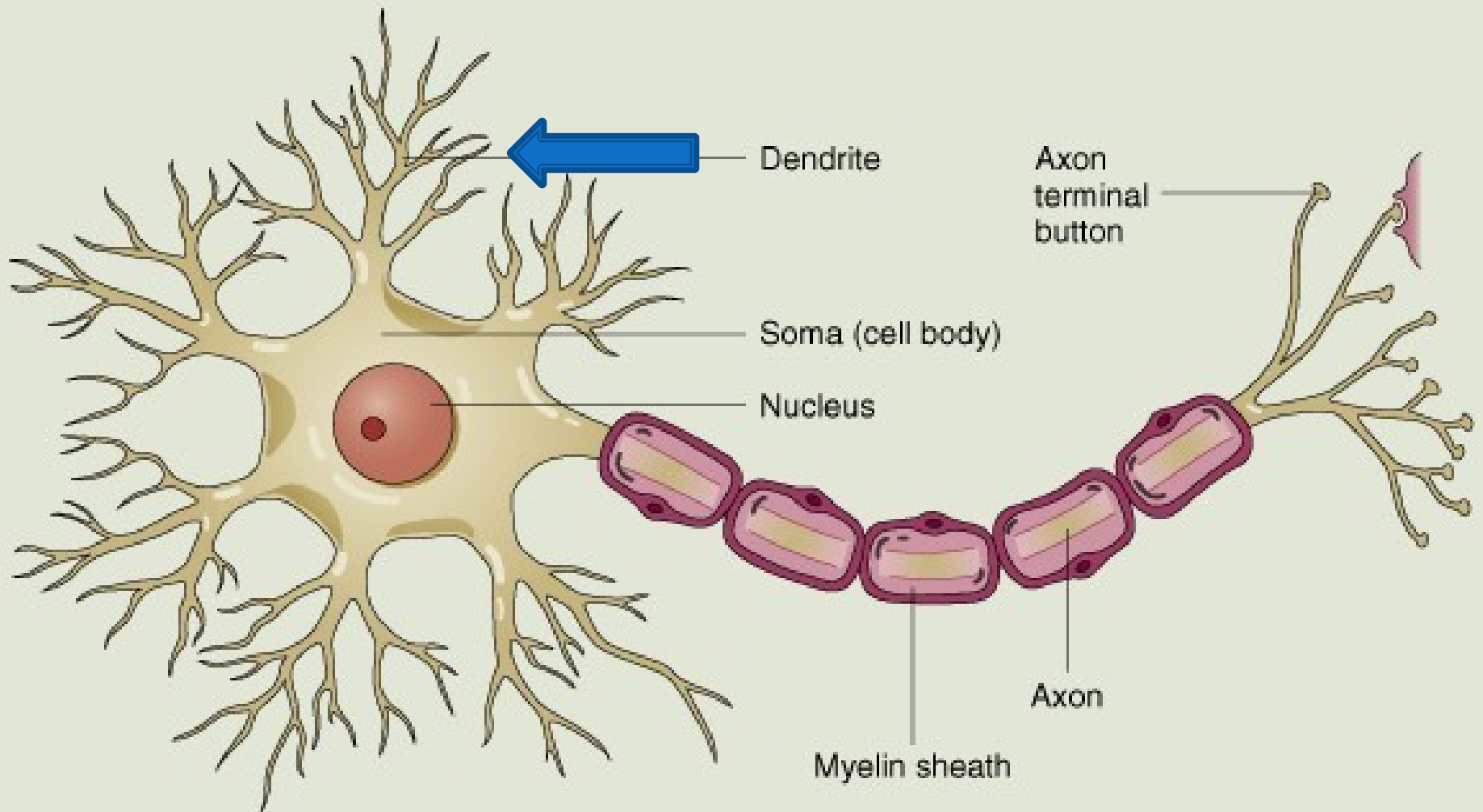
**A piece of brain tissue the size
of a grain of sand contains
100,000 neurons
and a billion synapses
all 'talking' to one another**



A single brain cell - a Neuron

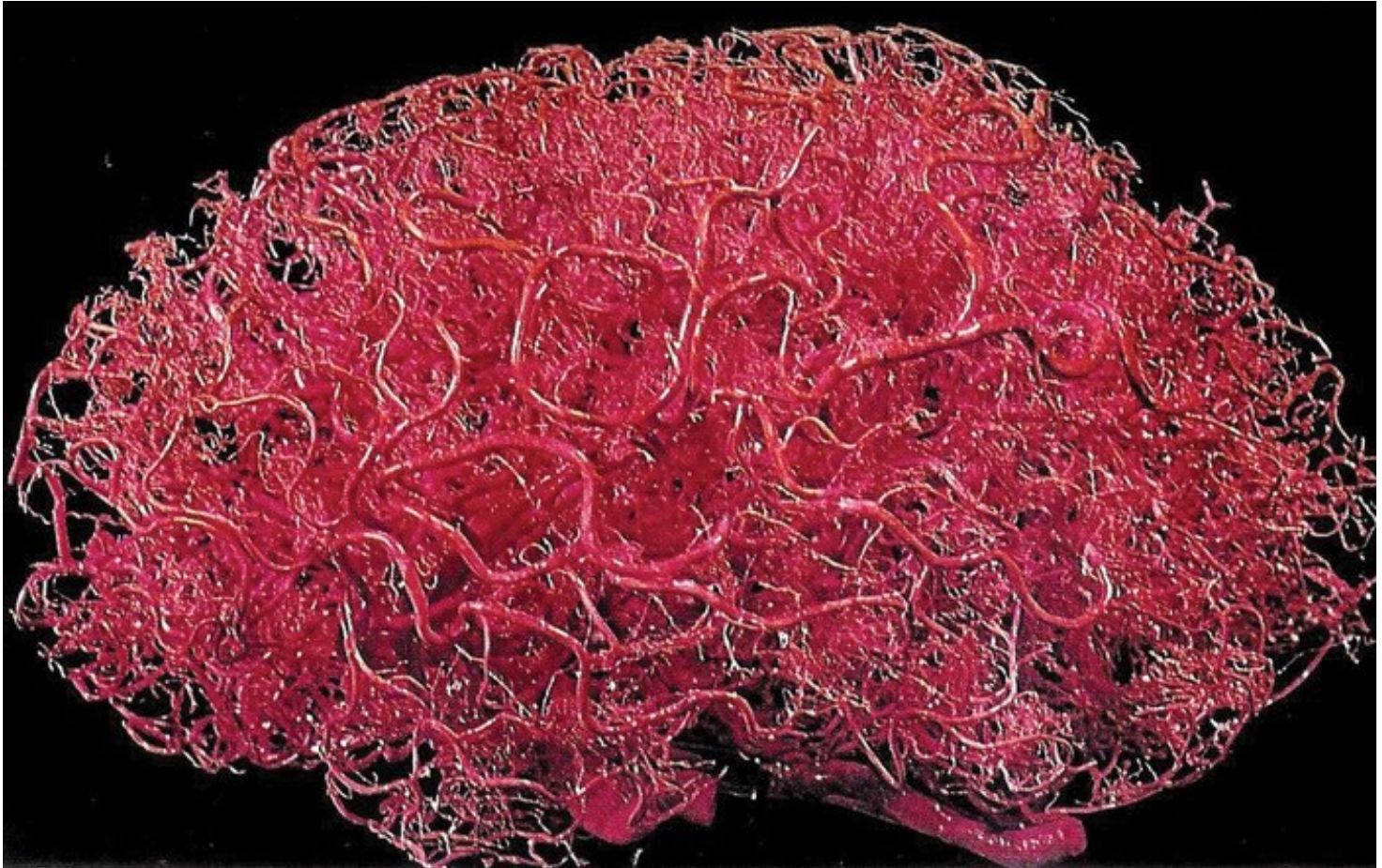


A single brain cell - a Neuron





The all-important vascular system



**How to improve the way you
remember?**

Pay Attention!

Improving recall

- ▶ Review information it ‘in your mind’ in a few hours time
- ▶ Visualize it on a mental ‘whiteboard’
- ▶ Make some notes of the main points
- ▶ Tell someone else about the tips



The 3 Keys to Success.



Focus on what you want to recall
Connect it to something you know
Rehearse it in some way



The first Key is FOCUS

- concentration
- eliminate distractions

RED BLUE GREEN YELLOW GREEN

RED BLUE YELLOW BLUE RED

YELLOW GREEN YELLOW GREEN BLUE

RED RED GREEN YELLOW BLUE

When did the ‘short-cut’ occur for you?

- ▶ Your clever brain makes cognitive shortcuts for you and was sure you wanted to read the words
- ▶ When you concentrated on the colour, your brain responded.

The second Key?

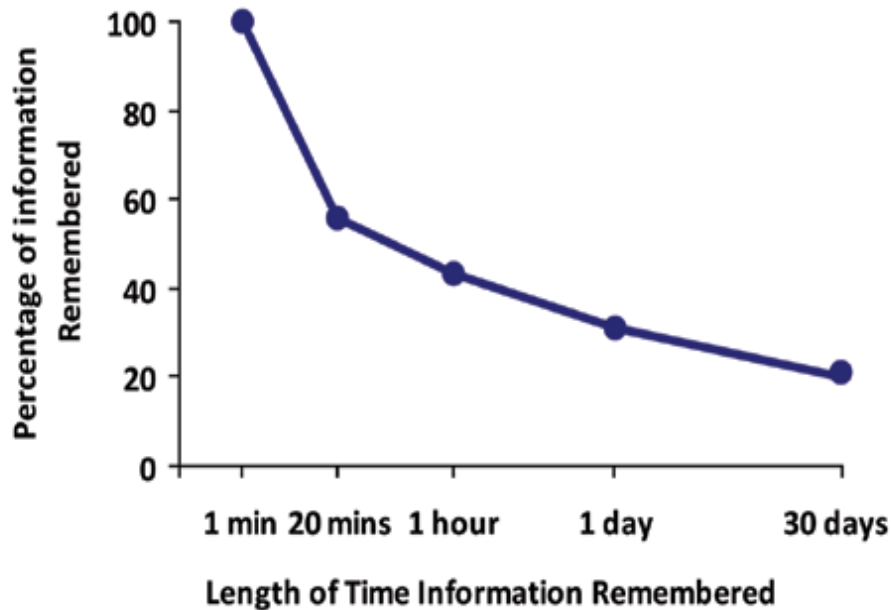


- ▶ Focus
- ▶ **Connect**

How do you CONNECT?

- ▶ Notice details
- ▶ Make an association – ‘reminds me of’
- ▶ Visualize, create a story
- ▶ Make up a rhyme
- ▶ Use repetition
- ▶ Write it down

The third Key is to REHEARSE.



How?

- Recall
- Review > 5 times
- Re-construct

The Forgetting Curve (Ebbinghaus)

Remembering faces & names



#1 issue for most people!



Jim

Notice Jim's key features

&

Create an association



Memory tips for remembering faces



- ▶ Concentrate on more than one feature for each face – eyes, ears and hairline, say, so that you can mentally reconstruct the face in the future.
- ▶ Listen carefully for the name and repeat it as you visualize your crazy association.



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The 3 Keys to Success.



Focus on what you want to recall
Connect it to something you know
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Be Brain Fit for work

- ▶ Believe in your memory
- ▶ Pay attention – actively register details
- ▶ Be organised
- ▶ Remember the 7-second rule
- ▶ Create memory traces
- ▶ Control multitasking
- ▶ Tell one other person about these tips
– recall, revise, revisit.



Answer your own question:

How do I recall best?





Peter

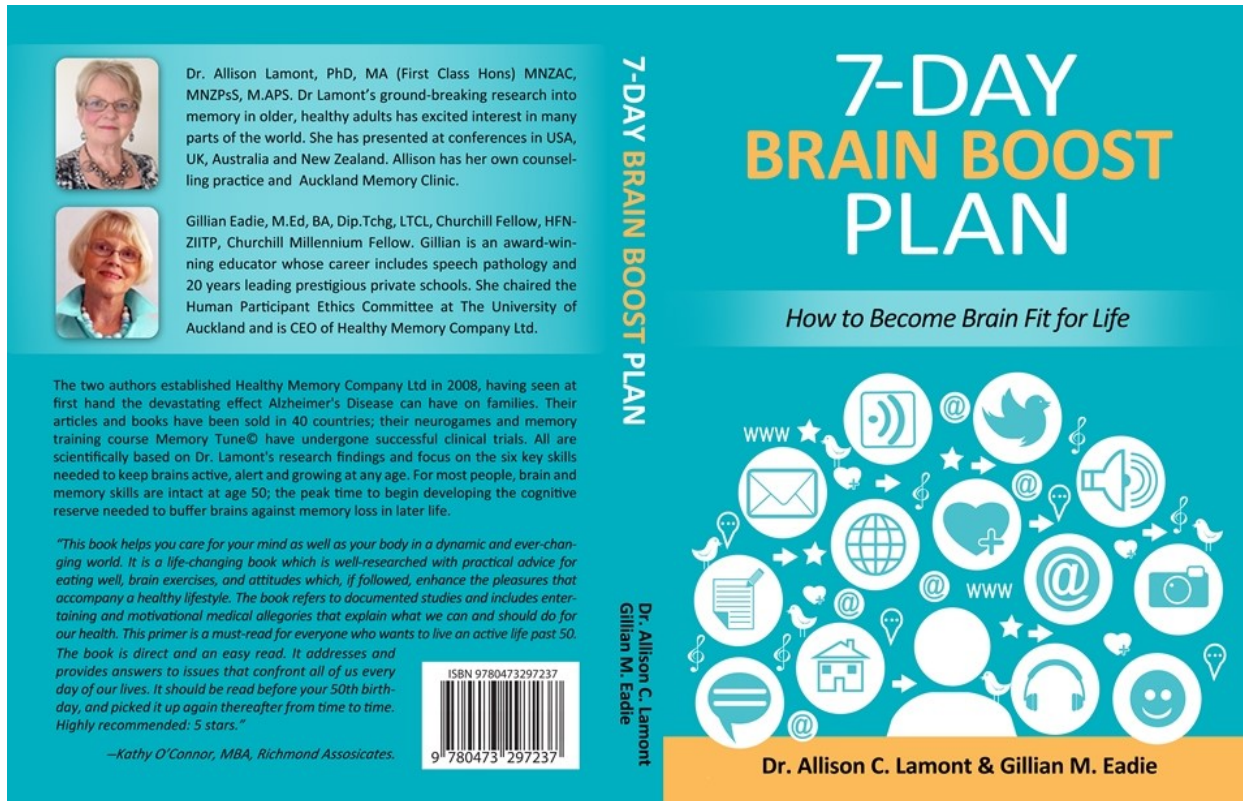


Sarah



Mai

<http://memory.foundation>



Dr. Allison Lamont, PhD, MA (First Class Hons) MNZAC, MNZPsS, M.APS. Dr Lamont's ground-breaking research into memory in older, healthy adults has excited interest in many parts of the world. She has presented at conferences in USA, UK, Australia and New Zealand. Allison has her own counselling practice and Auckland Memory Clinic.



Gillian Eadie, M.Ed, BA, Dip.Tchg, LTCL, Churchill Fellow, HFN-ZIITP, Churchill Millennium Fellow. Gillian is an award-winning educator whose career includes speech pathology and 20 years leading prestigious private schools. She chaired the Human Participant Ethics Committee at The University of Auckland and is CEO of Healthy Memory Company Ltd.

The two authors established Healthy Memory Company Ltd in 2008, having seen at first hand the devastating effect Alzheimer's Disease can have on families. Their articles and books have been sold in 40 countries; their neurogames and memory training course Memory Tune© have undergone successful clinical trials. All are scientifically based on Dr. Lamont's research findings and focus on the six key skills needed to keep brains active, alert and growing at any age. For most people, brain and memory skills are intact at age 50; the peak time to begin developing the cognitive reserve needed to buffer brains against memory loss in later life.

"This book helps you care for your mind as well as your body in a dynamic and ever-changing world. It is a life-changing book which is well-researched with practical advice for eating well, brain exercises, and attitudes which, if followed, enhance the pleasures that accompany a healthy lifestyle. The book refers to documented studies and includes entertaining and motivational medical allegories that explain what we can and should do for our health. This primer is a must-read for everyone who wants to live an active life past 50. The book is direct and an easy read. It addresses and provides answers to issues that confront all of us every day of our lives. It should be read before your 50th birthday, and picked it up again thereafter from time to time. Highly recommended: 5 stars."

—Kathy O'Connor, MBA, Richmond Associates.

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Tips
+
Exercise
+
Brain Food
Menu
+
Brain Exercises

All in the
new
7-Day Plan

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- ▶ Visit the Memory Foundation website for your free Brain Tune mini-course.
- ▶ <http://memory.foundation>



Contact Gillian Eadie
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