



you more stressed.

Just imagine you and your friends sitting together and discussing some fantastic memories you people made together. But you cannot remember any, because you are under stress. How bad will it feel, right? You will feel lonely and will be the odd one out. This situation will then make

### Effects of stress on memory



The way memories are created can be influenced by stress. When people are stressed, they have a more challenging time making short-term memories and converting them into long-term memories, making learning more difficult. Stress can also influence the type of memories we create. It is well recognized

that stressful events can impact learning and memory. The specific nature of stress is unclear: both boosting and damaging effects have been documented.

## Ways to improve memory under stress

### 1. Get some exercise regularly:



Exercising, even simple walking lowers the risk of dementia. Exercising for at least 15 minutes three times a week reduces the incidence of dementia by 30 per cent to 40 per cent. Hiking, bicycling, swimming, aerobics or water aerobics, weight training or stretching are all good options.

### 2. Keep your mind engaged:



Similar to how physical activity keeps your body in form, mentally engaging activities maintain your brain in shape – and may help prevent memory loss. Crossword puzzles are a great way to pass the time. The bridge is a fun game to play. When driving, take an alternative route. Please pick up a

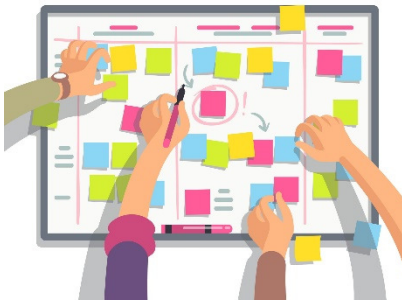
musical instrument and learn to play it. Participate in a community service project at a local school or organization.

### 3. Socialise regularly:



Depression and stress both can be harmful to our minds. You can look for occasions to get along with family members, colleagues and many others.

### 4. Make a plan:



If your home is crowded and your notes are disorganised, you're more prone to forget things. Make a specific notepad, calendar or electronic planner to keep track of tasks, meetings and other activities.

### 5. Good night's sleep:



Sleep is essential for consolidating memories so that you can recall them later. Prioritise getting adequate sleep. The average adult needs seven to eight hours of sleep every day.

### 6. Maintain a balanced diet:



A nutritious diet may be just as beneficial to your brain as it is to your heart. Fruits, vegetables and whole grains should all be consumed. Fish, legumes and tofu are all low-fat protein options. It's also important to consider what you consume. Drinking too much alcohol might cause dizziness and memory loss.

### 7. Take care of chronic illnesses:



For medical issues like depression, high blood pressure, high cholesterol, diabetes, obesity and loss of hearing, consider your doctor's therapeutic interventions.

## Following are the steps to keep your mind calm and stress away.

### 1. Mindfulness is an excellent thing to do:



Mindfulness is a basic, research-backed style of meditation that can help you acquire control over your irrational thoughts and actions. Even when not meditating, those who practice mindfulness daily are more focused.

### 2. Put Things in Their Right Place:



Our concerns are frequently the result of our distorted perceptions of events. So, before you spend too much time contemplating what your employer said at the previous staff meeting, take a moment to step back and assess the situation.

### 3. Disconnect:



Technology allows for constant communication and the assumption that you should be available 24 hours a day, seven days a week. When an email that will change your train of thought and get you thinking about work can drop onto your phone at any time, it isn't easy to enjoy a stress-free moment outside of work.

### 4. Keep your grudges to yourself:



Holding on to a grudge causes negative emotions, which affect your mind. Simply recalling the incident triggers your body's fight-or-flight response, a survival mechanism that urges you to fight or flee when confronted with a threat.

## Foods that boost memory

### 1. Whole Grains:



By picking whole grains with a low **glycaemic index**, which means they release energy slowly into the bloodstream, you can stay intellectually alert all day.

### 2. Tomatoes



There is strong evidence that lycopene, a powerful antioxidant present in tomatoes, may help protect cells from the type of free radical damage in dementia, particularly Alzheimer's disease.

### 3. Eggs:



Specific B vitamins, such as B6, B12 and folic acid, are suitable for the brain and help in stress.

### 4. Blackcurrants:



Blackcurrants are rich in Vitamin C. Vitamin C intake has long been regarded to improve mental agility. It also has some antioxidant properties, which boosts our immune system, ease flu symptoms and many more.

## CONCLUSION

These tactics are as easy as they appear; all you need to do is practice. Practice the above tips and live a life free of stress. You will be able to live a free and disciplined life.