

[IMAGE]

3 Ways to Improve Your Memory

By Editorial Staff

- Copyright © Stock Photo / Register Mark **Play Games**

Play games that require you to remember previous moves and conceptualize future moves and combinations. Chess is a great example, as is checkers. In fact, counting cards in blackjack will improve your memory, too -- just don't do it when you're at a casino table.

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Pay attention to details wherever you go, particularly when the situation involves multiple stimuli. Scan a new environment for a few seconds, and then look away and see how many details you can remember: the number of people, other items like paintings, pictures, etc. The more you do it, the better you'll become.

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Teach while you learn. Improving your memory isn't just about taking in information; sometimes, sharing it with others is just as important. Whether you're helping a friend study for a test or reading to your children, you're more likely to retain information the more you repeat it.

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