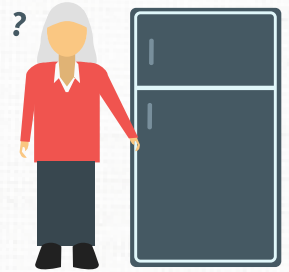




MEMORY
MATTERS

WHAT DID I COME TO THE FRIDGE FOR?

Rena Yudkowsky, MSW, Memory Coach



HOW TO IMPROVE FOCUS TO IMPROVE MEMORY

T . E . A . S .

Take one **TASK**
At a time.

Build a conducive
ENVIRONMENT

Don't do things
AUTOMATICALLY

Use all of your
SENSES

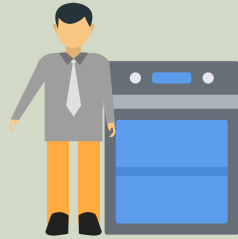
Your senses stimulate the brain. If you use one sense to make a memory, you have a 10% likelihood to remember it one week later, but if you use four senses, you have a 97% likelihood of remembering it!

Exercise:

How can you use your senses to help you remember:



1. That you
locked the door?



2. That you turned
off the stove?



3. That you took
your medicine?



4. Where you
put things?

If you are concerned about yourself or a loved one,
contact a local memory clinic or Memory Matters.



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<https://cutt.ly/memorymatters>

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