

# Keeping an active mind and preserving memory

Over the years we all lose memory and mental agility. It is necessary to exercise them to preserve them, in the same way a muscle is exercised to be strong. Choose the mental activities according to your preferences and possibilities.

## Staying active

Do a **leisure, professional, or homely activity daily**:

- **Attend classes** of any topic that interests you: cooking, mechanics, chess, computer, etc. Courses related to your profession or different from your daily activities. Learn how to read and write, school graduate, languages ...



- **Enjoy new hobbies:** knitting, crochet, macramé, pottery, painting, photography. DIY, furniture restoration. Playing a musical instrument, learning how to sing ...



- **Do activities outside home:** going to exhibitions, singing in a choir, playing in a band, doing yoga, gymnastics, *pétanque*. Excursions, walks to unusual places.

- **Participating in social activities:** Folklore celebrations, charity campaigns, collaborating with others who may need your help. Organizing meetings with friends or family ...

- **Read regularly** any book and / or the press. **Listen to the radio.**



- **Write** a diary or poetry, collaborate with a magazine ...

- **Watch little television.** While watching television you can feel thrilled (cry, laugh, get angry ...) but the ability to think decreases.

## Follow a healthy lifestyle

- Rest the amount of time that you need.
- Do exercise according to your capacities: walk half an hour in the morning and in the afternoon, cycle, swim, dance or take care of the garden or the vegetable patch.

- Eat in a healthy way.
- Avoid tobacco and alcohol.



## Control your worries

- Put on hold your problems while others speak, listen carefully and with real interest and you will remember better what they have said.

- Try to solve your problems, worries, resentments, etc. Do not give them more importance than they deserve.

- Try to control your anxiety.
- Practice relaxation whenever you can.

THERE IS NO PILL TO INCREASE YOUR MENTAL AGILITY.

Set a date for your change of attitude.