

Your brain. Your life.



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Maximising Memory

How to train your brain



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Memory lapses

What was I looking for?

What was his name?

Where is my.... phone,
wallet,
car???



Why does this happen?

Our brain can only focus and hold onto a limited number of things at a time.



Information must be **encoded** or “saved” into long-term memory.

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Memory strategies

What helps us to learn and remember?

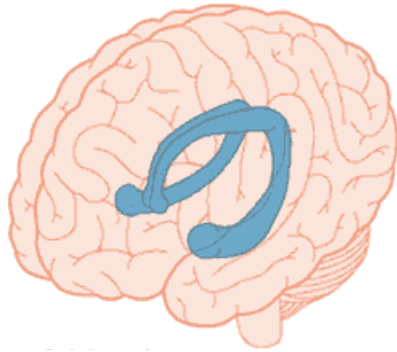
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Repetition



Hippocampus

‘The Memory Centre’



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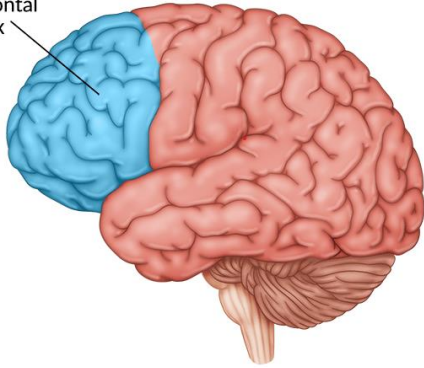


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Association –prefrontal cortex

Prefrontal
cortex



The CEO of the brain



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Using associations to help us remember



PJ Lane



Visual imagery

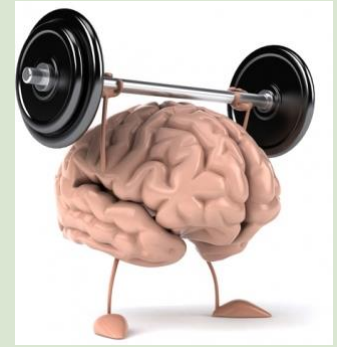
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Train your brain



Be mentally active



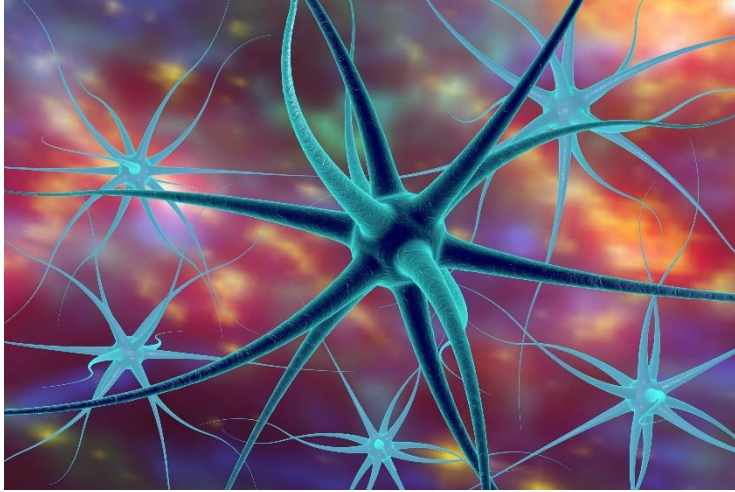
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Mental activity



London Cab Driver Study

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Mentally stimulating: The key elements

New

Challenging

Active

Enjoyable

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**New
Challenging
Active
Enjoyable**

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My new mentally stimulating pursuits for 2024

4		1	2	9			7	5
2			3			8		
	7			8				6
			1		3		6	2
1		5				4		3
7	3		6		8			
6				2			3	
		7			1			4
8	9			6	5	1		7



“Silver swans”

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We all want a healthy brain!



**It's never too early
and it's never
too late**

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**Thank you
for your
attention &
participation!**



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