

Strive to get long term memory, not short term memory

Memory, like muscular strength, requires you to "use it or lose it". The more you work out your brain, the greater you'll be able to process and remember. The best brain exercises break your routine and challenge you to use and develop new brain pathways



By Minoo Jokhi

mentally sharp. There are lots of things you can do to improve your memory and mental performance.

We read a lot of stuff in our life be it books, articles, newspapers and posts on the internet. But, in reality do you remember the things you read? Is it a tenth, a hundredth, or a thousandth of the information that you can recall? Or even less? All the efforts students make to learn, gets wasted many times as the information vanishes into thin air. This is short-term memory.

One vital reason for short-term memory is that we haven't really learned what we had to with 100% concentration and that we lack the confidence we need in our mental power and memory. It also in some cases reflects fear and lack of interest.

Memory Aids

In order to be better at recollecting, we need to have long-term memory rather than short-term memory. Let us see 12 ways to convert our short term memory into long term memory or perhaps even permanent memory. The tips are as follows:

- 1) Remaining alert at the time of learning.
- 2) For school cum college students: write. Not just oral study will help. Read, link, revise, write. Simple formula for success. In my Mathemagic Shows I have recited all the movies that a legendary actor

like Shah-Rukh Khan has acted in and the elements of the periodic table and other such memory feats and I do not need revision today because of the same formula.

3) Doing systematic studies without any fatigue or tiredness is also important.

4) Never have over-confidence; it leads to your downfall. Do eight hours prior revision of anything you learn and never have an "I know it all" attitude.

5) Realize the amazing hidden potential and talent that you have.

6) Don't stop till you know the matter you are learning. When you know you are not remembering even after regular study, one way to deal with this challenge is to create a feeling of confidence and happiness in yourself and believe you have memorised it. At first this feeling might not be real, but over time you'll start to actually feel happier and maybe even closer to your goal.

7) Try to be organized, not haphazard. An organized person has a much simpler time remembering his/her works. To do lists are one good tool for organizing yourself. Manually writing down your checklist and not electronically typing it also increases the chance that you'll remember what you've written down much better than what you've keyed into a screen.

8) Memory

muscular strength, requires you to "use it or lose it". The more you work out your brain, the greater you'll be able to process and remember the matter. The best brain exercises break your routine and challenge you to use and develop new brain pathways.

9) Removing your laziness and procrastination habit of delaying your learning or revising. Never wait for tomorrow. Time is always precious. As Miles Davis has correctly said: "Time isn't the main thing. It's the only thing."

10) Learn to manage and control stress. When you're stressed, your body releases stress hormones, which can largely impair the brain's memory process. Stress and depression have to be always dealt with well.

11) Remain tension free, even when in great distress and always retain confidence in your memory.

12) Fail once, fail twice, fail thrice but never, never, never give up. Success comes to those who persist and your memory will not let you down if you keep at it.

Focusing Fully

Your memory may not recall something, which it has not registered in the first place. Many of the failures to recall are due to this. You don't recall a friend's name or face or where he lives. The issue here is that you never

noticed them in the first place. And, hence, you cannot expect to remember something that you did not pay attention to and note. In other words, you did not consider it worth remembering in the first place.

Here are some ways in which you can enhance your powers of observation and attention, which will definitely boost your memory.

1. Yoga as well as meditation will help a lot. Brahmamudra and Bhramari Pranayama will help as it is very effective in instantly calming your mind. It releases your mind of all tension and gives you confidence so you can have a great memory.

2. Physical activities that require hand-eye coordination are very beneficial for brain building, which will lead to good memory, which is long term and not simply short term. Exercise routines will also help you get past mental fatigue and afternoon slumps. Even a brisk walk of 10-20 minutes or a skipping practice with a skipping rope can be enough to reboot your brain. And, above all, have self-belief that it is possible to have a long term permanent memory if you have "Triple D": discipline, determination and dedication.

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The renowned late American writer Elie Wiesel had correctly said: "Without memory, there is no culture. Without memory, there would be no civilization, no society, no future." That's correctly said. But do we need memory, which is limited and short term or do we need memory, which is long term and permanent?

Superstar Aamir Khan's portrayal of a person suffering from short term memory loss in the film Ghajini (2008) is still remembered. And to say it clearly: short-term memory is when an individual learns and retain that topic for just a while, for little time and then you forget it all. While long-term memory is when you retain that topic for a very long time; may be even lifetime. And this is also called permanent memory.

A strong memory depends on the vitality of your brain. Whether you're a student studying for your school/college exams or a professional working in a multinational or a senior looking to reserve and enhance your grey matter, as you have to stay