10 Best Ways to Improve your Memory

{Arden, J. B. (2002). *Improving your memory for dummies*. Hoboken, NJ: Wiley.}

1. Consume a balanced diet
2. Relax your brain
3. Exercise your memory
4. Take supplements
5. Stimulate your mind
6. Focus on memory
7. Stay organized
8. Associate, pair, and connect
9. Use memory aids
10. Keep the right attitude