

- Memory

10 common behaviors that are making you more forgetful

Fiji Sun · 24 Jun 2022 · 35 · Source: HUFFPOST

Memory is a fickle thing. For example, you may remember something significant that happened a decade ago, but not what you had for dinner last Tuesday.



Or maybe you are simply forgetful with the little things, like misplacing your keys, reading texts but forgetting to respond, or losing track of appointments.

Everyone forgets things every now and then, but if you are often forgetful — with important things just out of grasp in your mind or words right on the tip of your tongue — it can feel debilitating and beyond frustrating.

Although some memory loss and forgetfulness is normal with aging, according to the National Institute on Aging, some things can exacerbate your forgetfulness no matter your age.

“There are a number of common habits that can make us more forgetful,” said Michele Goldman, a psychologist and Hope for Depression Research Foundation media adviser.

- Not exercising moving your body

Taking certain medications Drinking alcohol

Smoking

Not eating certain foods Being disorganised

Having an untreated mental health issue

Not sharpening your mind

When to see a doctor for memory issues

Call your health care provider if your forgetfulness doesn't improve after these changes or if you have these symptoms:

- Asking the same questions over and over again.

Getting lost in places you know well.

Having trouble following recipes or directions.

Becoming confused about time, people and places.

Not taking care of oneself, eating poorly, not bathing or behaving unsafely.

Being forgetful can be annoying, but it doesn't have to define your life. With a few lifestyle changes and some mental exercises, you can improve your memory in no time.

more