

## **MEMORY AND THE WAYS TO IMPROVE IT**

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Memory is important to every human being. Without it, man cannot flourish and manage the present or go on about the future. In trying to explain memory, university professor and American Psychology researcher, Roediger (2009) stated that memory is important to organisms because it involves encoding, storing, and retrieving information for future use. Encoding refers to the recording of perceived information, while storing is the process where the information perceived is put into retention.

American Psychologist, Robert Sternberg, defined memory as a process in which information from past experiences is used in life. Memory helps a person in adapting to the environment. It also helps individuals in carrying out tasks required to sustain life. With this, the ability to learn and to remember makes man superior to any other living organism.

In all daily activities, living things have relied most heavily on their ability to learn and remember. The ability of humans to learn and recall is a prerequisite for their ability to talk, understand, socialize, and write. Learning and memory are essential to everyone, from famous people to regular people. No one can achieve such success in any field without crediting their learning and memory skills. For example, the army cannot defeat effectively their enemies without researching strategies and coming up with counterattacks, and a store owner cannot make more money without having a good head for numbers. Humans have advanced significantly thanks to their capacity for learning and memory.

Memory allows us to recall events from the distant past or moments ago. It allows us to learn new skills and to form habits. Without the ability to access past experiences or information, man wouldn't be able to understand the language, recognize friends and family, find their way home, or even tie a shoe. Life would be a series of incoherent experiences, each one new and unfamiliar. Without any sort of memory, humans would swiftly perish.

Though man's memory is said to be exceptional than lower forms of animals, it does not mean that it does not have flaws. It is normal to occasionally forget things as we age, but serious memory problems make it challenging to perform daily chores like driving, using the phone, and finding your home. Memory loss affects people from all walks of life.

Today, there are many ways to improve memory, and some of which are backed by researches on both foreign and local settings.

The first one is Nootropics. These are dietary supplements that can enhance people's cognitive and physical capacities. They can do this by enhancing their memory, learning, and focus as well as their motivation and energy levels. These drugs come in synthetic or natural supplements which are out in the market. Students tend to buy these "memory enhancers" during examinations. Action of smart drugs are not limited to memory enhancers alone. Stimulants are also associated with the term nootropic because of its effect on cognitive functioning. There are some local researches done to measure the effectiveness of the nootropics some of which shows significant relationship between drug intake and its long-term memory enhancing effects.

Memory is also said to be improved by practicing meditation. When we struggle with recall, it's frequently because we weren't paying attention to a particular detail, like a person's name. We can better recall significant details when we are focused and present, which is what meditation teaches us to be.

Getting sufficient sleep can also help in enhancing memory. It takes time for your brain to process any knowledge or information you learn during the day. Your brain actively forms new memories and synthesizes new information while you are sleeping. Thus, getting 8 hours of sleep will most definitely boost cognitive functioning.

A balanced diet may also benefit your brain just as much as it benefits your heart. diet that consists of foods from all the food groups is referred to be a healthy diet. It is largely composed of water and contains vitamins, minerals, proteins, lipids, and carbohydrates. A healthy body and mind require each of these elements to function properly. Memory performance is improved by diets high in fruits, vegetables, whole grains, legumes, seafood, healthy fats, and herbs or seeds.

Playing brain games is a fun and effective technique to improve your memory by exercising your cognitive abilities. Some activities like playing jigsaw puzzles, simple memorization of grocery list and doing mental calculations stimulates the brain.

Over the course of an organism's lifetime, socialization/ social interactions enable fresh learning and aid in the modification of stored memories. Furthermore, social interactions can help to alleviate stress or the effects of negative memories, as well as extinguish maladaptive behaviors (Le Blanc & Ramirez, 2020). Depression and stress, both of which can cause memory loss, are fended off by social engagement. In particular, if you live alone, seek out opportunities to socialize with loved ones, friends, and others.

Perhaps, everybody should start putting some of these ideas into practice. Not only will it sharpen your memory, but you will also enrich your life.

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