

The Tips To Look After Mental Health for Better Memory

Description

Memory is crucial for us. It could record the journey of our life, bring back the beautiful time that we share with the others, and help us learn new things. Could we imagine what life would be like if we could not remember things? There are plenty of factors that affect how well our memory works, especially mental health. For example, individuals who suffer from depression and anxiety will usually also endure poor memory. It is why people will sign themselves into places like the [Honey Lake Clinic](#) and similar facilities to get help on this, or other matters. This article discusses the tip to look after mental health for better memory.

Exercise Regularly

Physical activity could increase the blood circulation in our bodies as well as our brains. Thus, it could help our mental health and our memory stay sharp. Also, the studies showed that exercise could release chemicals in our brain that make us feel good. Besides, exercise regularly could boost our self-esteem and help us concentrate, sleep and feel better.

According to the Department of Health & Human Services, we should have aerobic activities, like taking a walk, 30 minutes a day, and five days a week. Also, there is a tool on the Department of Agriculture's website, called SuperTracker, which provides a free physical activity tracker. We could take advantage of it to help us monitor our exercise.

Eat Healthily

A healthy diet is good for our mental health as it is good for our physical health. Our brain needs a variety of nutrients to stay healthy and functioning, as the other organs in our bodies. We should eat vegetables, fruits, legumes, fish, skinless poultry, eggs, nuts, and olive oil. Also, we should avoid packaged and processed foods. More importantly, we should limit the intake of red meat, sugar, and alcohol.

Sleep Well

People tend to overlook the importance of sleep. When we are sleeping, our brain gets cleansed and refreshed. Sleep plays a large role in helping us keep our mental health and consolidate the memories so that we could recall things down the road. Studies have shown that we should sleep 7-9 hours a day, and it is not considered a luxury but is essential for having a healthy life. Make sleep 7-9 hours a day as our priority of life.

Talk and Stay Connected With People

Some research shows that even 10 minutes of socializing a day could help our mental health as well as maintain our cognitive functions. We should talk to people and share our feelings with others. We could get involved in clubs, organizations, or religious communities. As a whole, positive social interaction could stimulate our brain, help our mental health and keep our memory to stay sharp. The studies showed that talking and connecting with people could protect us from depression, anxiety, and distress, which could have negative impacts on our cognitive functions.

Drink Wisely

We tend to drink alcohol when we are in a bad mood, trying to change for a better mood. Some of us even drink alcohol to deal with our loneliness or fear. Keep it in mind that the effect from alcohol is just short and temporary. When the alcohol wears off our bodies, the bad feeling gets worse due to the way that the alcohol has affected our brains and bodies to cause more negative feelings. Drinking alcohol is surely [not a positive way](#) to deal with our difficult feelings, and it is harmful to our mental health and cognitive functions.

Do Something We Are Good at

It makes sense that when we are doing an activity that we are good at and enjoy, it could make us feel like we are achieving something and boost our self-esteem. It stands to reason that enjoying ourselves helps beat stress and depression, and it keeps mental health for better memory. Think of what we love doing and what activity we can lose ourselves in. Concentrating on a hobby, such as gardening or music instrument, can help us forget our worries or loneliness for a little while and change our mood.

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