

Day One

BRAIN TUNE MINI-COURSE

Congratulations!

You've taken the first positive step in tuning up your memory!

Brain Cells Can Re-Grow at Any Age!

Once you hit the magic 50 years of age, you will begin to notice some memory changes. But the good news is that you do not have to accept memory loss as inevitable as you get older.

Over the next five days, you'll do a range of activities that could be done altogether (about 20 minutes) but could also be spread through your day in say, four lots of 5 or so minutes.

So Let's Get Started

Think about your day, right now.

When are you going to slot this course in? Can you diary it now? Put an alert on your phone or desktop to remind you? Put a reminder post-it on the refrigerator?

For this course to work, you actually need to DO it!

The mini course is not difficult.

It might prod your conscience.

But, I can promise you, it will make a difference to the way you think about your memory now.

Not only that, it will shape the way you look after your memory in the future.



70 is the new 50!

Keep your brain alive and young!

If you do **nothing** about keeping your memory alert, for sure, you will notice yourself forgetting more and more, losing words that are on the tip of your tongue and, even worse, forgetting the names of people you know or have just met.

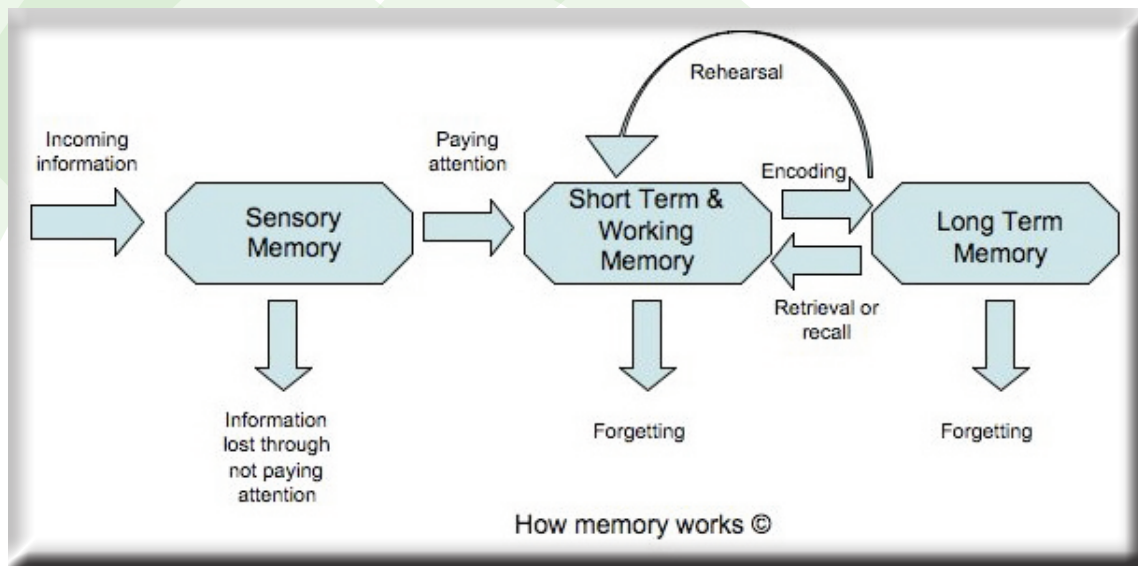
But it doesn't have to be that way

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What happens when you remember?



All day, every day - even while you are asleep - your brain is working hard, dealing with sensations, thoughts, images, information and anything that your senses are bring to your attention. Your brain never really sleeps.

And what is it doing?

In the diagram above you can see that it is processing some information into your short-term memory; 'losing' other thoughts that are flashing by but make no impression and, for things you really want to remember, it is processing and storing those for when you might need them in the future.

Isn't your brain amazing?

So, how's your brain doing right now?

Rate yourself on the Memory Check. You'll find it on the final page of Brain Tune, Day One.

There's no right or wrong answer.

Only you will know your results.

It will take only a few minutes.

But the answers will help guide you in what you need to do to help your brain and memory.

There are two ways to do it:

1. On your computer screen or
2. Print it off and do the adding by yourself.

Either way, you place the number in the box that MOST applies to you.

How do I find out what my score means?

Once you have added up your scores for each section of the Memory Check, then go to:

<http://brainandmemoryfoundation.org/brain-tune-memory-check-results/>

You will find this link at the bottom on the on-screen version of the Memory Check, also.

Note: If you cannot directly link from this document, then copy and paste this address into your browser.

Remember! Your Memory Check result is simply your baseline – your score will rise as you progress through the Brain Tune mini-course. You'll learn to pay more attention to how your memory is operating.

Thinking back ...

Think back to four times your memory has let you down in the past week or so.

1. What did you forget? What were the circumstances?
2. Were you busy, doing more than one thing at once? Tired? Distracted?
3. How long had it been since you had eaten? Were you thirsty?
4. Were there any common 'triggers' associated with your forgetting?

Note them down.

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Over the next five days, you'll do a range of activities that could be done altogether (about 20 minutes) but could also be spread through your day in, say, four lots of 5 or so minutes.

Think about your day tomorrow.

When are you going to slot this course in? Can you diary it now?

Put an alert on your phone or desktop to remind you? Put a reminder post-it on the refrigerator?



For this course to work, you actually need to DO it!

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Did you know?

Brain cells regenerate as they are needed. The more you challenge your brain and memory, the more brain connections you develop.

It really is a case of: **Use it or lose it!**



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Ready, Set, Go!

Your first step is to complete the Memory Check.

Choose the options that most apply to you right now and place the number you have chosen in the appropriate box. If you are completing the Memory Check on-line, the numbers in each column will total automatically for you. All that you need to do then is add the scores from each column to give you a grand total.

Then link to find out what that score means.

To get ready for tomorrow:

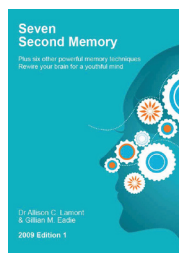
1. Sort out when you will do the course and try to keep to this each day.
2. Have a jug of water handy because I'll be asking you to keep up water intake.
3. Aim for a quiet space where you can be free of distractions.
4. Keep a folder for your mini course and your own notes along the way.
5. Get a good night's sleep! 7 hours, if possible.
6. Think back a week or so to four times your memory has let you down. (See Page 3.)

 **Brain Tune**

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For further help, buy online:

:
Seven Second Memory: Rewire your brain for a youthful mind
Lamont & Eadie, 2009





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Healthy Memory OnLine Ltd
<http://brainandmemoryfoundation.org>

Find Out Your Memory Score:

Is it Normal?

Dr. Lamont invites you to check the boxes that MOST apply to you right now. (You can do this on-screen)
Be honest! The results are just for you.

Section 1: 1 - Always; 2 - Frequently; 3 - Sometimes; 4 - Seldom; 5 - Never How often are these a problem for you? 	1.	2.	3.	4.	5.
Forgetting names as soon as I hear them					
Forgetting faces					
Forgetting appointments					
Forgetting where I put my keys, my glasses					
Forgetting directions to places					
I have trouble finding words when I speak					
I forget things people tell me					
Forgetting important dates like birthdays					
Forgetting what I want at the shop					
Forgetting information when I take a test					
Losing the thread of thought in a conversation					
Losing the thread when I am listening					
Knowing if I have just told someone something					
I forget what I have just read					
I forget what I was saying					
Forgetting characters in a book I have just read					
Unsure where I heard/saw information or events					
Section 2: 1 - Not at all ; 2 - Poorly; 3 - Partially; 4 - Mostly; 5 - Clearly How well do you remember: 	1.	2.	3.	4.	5.
What happened last month?					
What happened between one and five years ago?					
Your TOTAL score					

To find out what your score means, go to:

<http://brainandmemoryfoundation.org/brain-tune-memory-check-results/>

Remember, for your FREE Brain Tune Mini Course, contact gillian@brainandmemoryfoundation.org

Reset