



MIND AND MEMORY

— M A S T E R Y —

CHEAT SHEET



Supercharge your Memory and Hone
your Brain By Employing these
Adept Techniques!!!

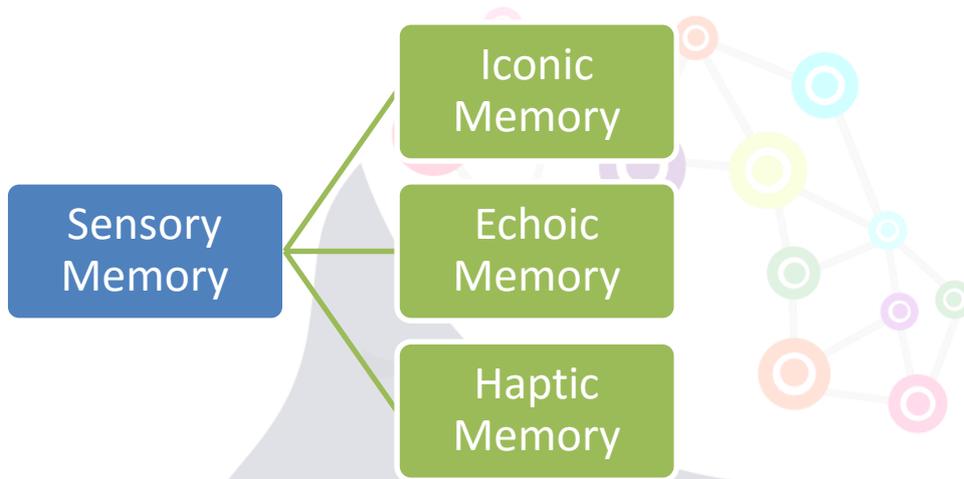


✚ What is Memory?

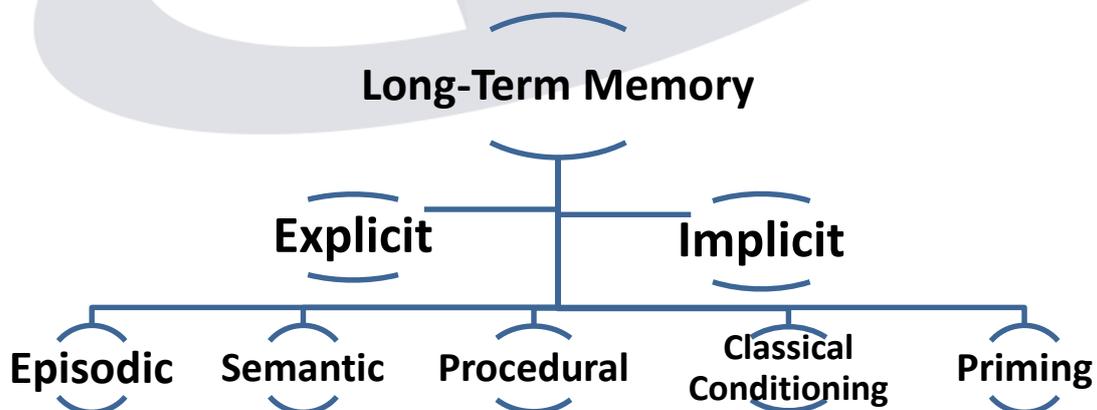
- ✓ Processes used to retain, store and retrieve information.
- ✓ The sum total of what we remember
- ✓ The power of recalling to mind the previously learned facts, experiences, impressions, skills, and habits.

✚ Types of Memory

- ✓ **Sensory Memory** - It processes information from the environment and holds it for a very brief period of time.



- ✓ **Short-Term Memory** - A limited capacity to store information. Also known as **working memory or active memory**.
- ✓ **Long-Term Memory** - Refers to the storage of information over an extended period (for hours, days, months, or years).





How does Memory work?

- ✓ **Encoding** – A process where the brain consciously registers a memory.
- ✓ **Storage** - Once a memory is created, it must be stored: first in the sensory stage; then in short-term memory; and ultimately, in long-term memory.
- ✓ **Retrieval** – To remember something, you retrieve the information on an unconscious level, bringing it into your conscious mind at will.



Working Memory Model

- ✓ **Central Executive** - Decides which information is attended to and which parts of the working memory to send that information to be dealt with.
- ✓ **Visuospatial Sketchpad (Inner Eye)** - Deals with visual and spatial information.
- ✓ **Phonological Loop** - Deals with spoken and written material.



Why is Working Memory Important?

- ✓ Used for Accessing Information
- ✓ Used for Remembering Instructions
- ✓ Used for Effective Reading
- ✓ Used for Mathematical Calculations



Why do we forget?

- ✓ Retrieval Failure
- ✓ Interference
- ✓ Failure to Store
- ✓ Motivated Forgetting



Impact of Alcohol on Memory

- ✓ Impairs the encoding of episodic memory
- ✓ Severely disrupt the storage process of semantic memories.
- ✓ Retrieval of explicit memory is significantly impaired.
- ✓ Impairs retrieval in word recognition tasks.
- ✓ Decreases iconic memory
- ✓ Alcohol can disrupt the ability to form memories for events that transpire while a person is intoxicated, a type of impairment known as a **blackout**.



Impact of Drugs on Memory

- ✓ **Marijuana** - Affects the formation of new short-term memories and their transference to long-term status.



- ✓ **Heroin and Prescription Opioids** – Affect the CNS, particularly on respiration, and may lead to permanent brain damage. Impairs cognition.
- ✓ **Benzodiazepines** - CNS depressants which may interfere with the way people process memories and the transference of short-term memories into long-term ones.
- ✓ **Cocaine** - Causes a disruption in abusers' visual working memories and both forms of prospective memory.
- ✓ **Methamphetamine** - Cause an interference with verbal learning, emotions, and memory.

✚ **Tools to Build a Healthy Memory**

- ✓ Mnemonics
 - The Number/Rhyme Technique
 - The Number/Shape System
 - The Alphabet Technique
 - The Journey System
 - The Roman Room System (Loci Method)
- ✓ Mind Mapping
- ✓ Techniques to Challenge the Brain
 - Learn a new skill or start a hobby
 - Use visualization on a regular basis
 - Keep active socially
 - Focus on the important things

✚ **Fighting Off Memory Loss**

- ✓ Stay Mentally Active
- ✓ Socialize More Often
- ✓ Organize yourself
- ✓ Eat Healthy Food
- ✓ Do Physical Activity Daily
- ✓ Have a sound sleep

✚ **Aromatherapy & Essential Oils**

- ✓ Lavender
- ✓ Peppermint
- ✓ Rosemary
- ✓ Lemon balm
- ✓ Ylang Ylang

✚ **Brain Exercises**

- ✓ The Memory Game
- ✓ Puzzles
- ✓ Draw a map from memory



- ✓ Playing with words
- ✓ Challenging brain while cooking
- ✓ Learning something new (eg – new language)
- ✓ Creating a memory palace

Brain Food

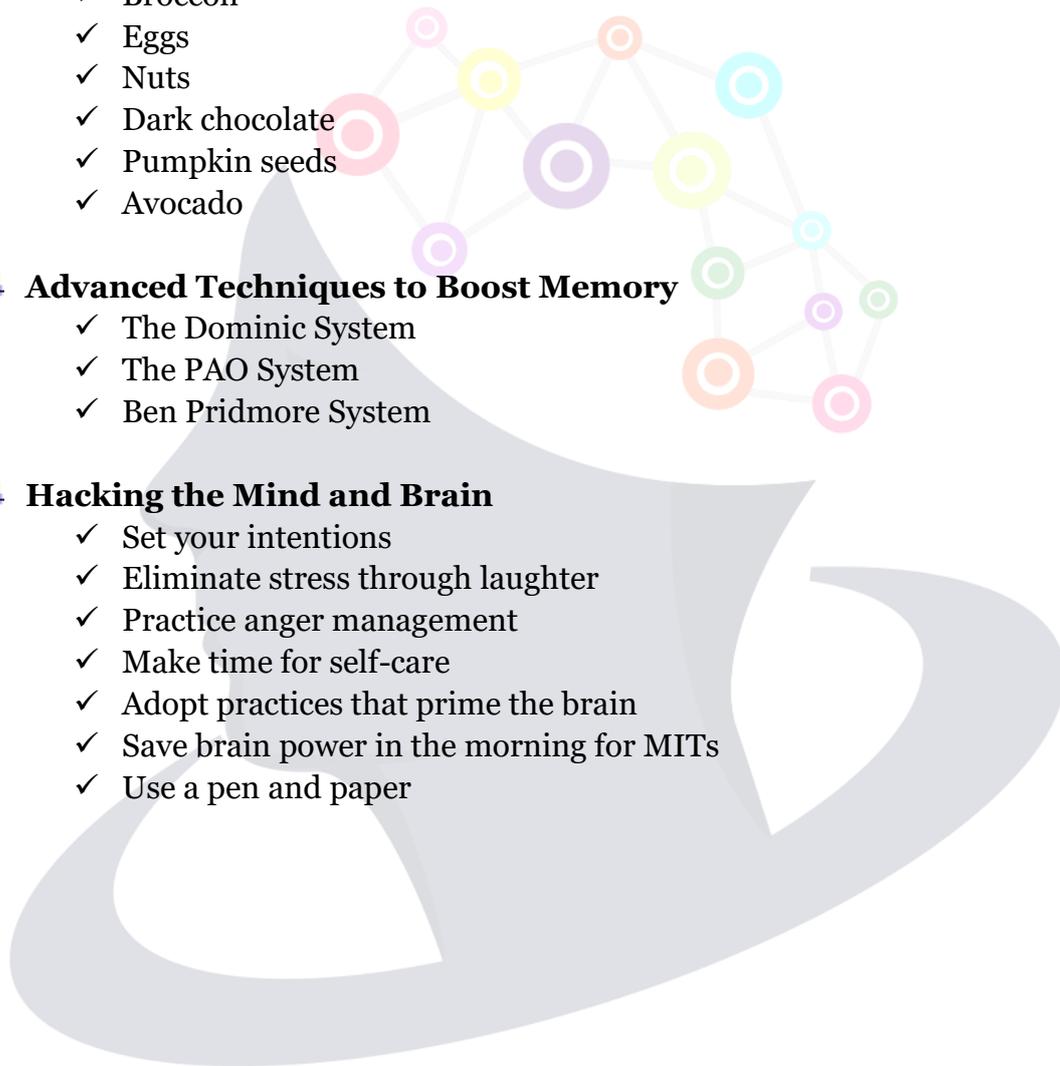
- ✓ Fatty fish
- ✓ Blueberries
- ✓ Coconut oil
- ✓ Broccoli
- ✓ Eggs
- ✓ Nuts
- ✓ Dark chocolate
- ✓ Pumpkin seeds
- ✓ Avocado

Advanced Techniques to Boost Memory

- ✓ The Dominic System
- ✓ The PAO System
- ✓ Ben Pridmore System

Hacking the Mind and Brain

- ✓ Set your intentions
- ✓ Eliminate stress through laughter
- ✓ Practice anger management
- ✓ Make time for self-care
- ✓ Adopt practices that prime the brain
- ✓ Save brain power in the morning for MITs
- ✓ Use a pen and paper





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