

Memory Improvement Techniques for Students

A healthy memory is desired by all whether it is students, working professionals, business owners or any other individual. Even a housewife wants to have a good memory to keep in check and manage all the required things at home. But, if you improve your memory at the student stage of your life, you don't have to worry about the rest part.

Students are also the one who badly wants to improve their memory among all others mentioned above. So, let us have a look at some of the Memory Improvement Techniques for Students by going through this article.

Memory Tips -Every student knows that memory is important for learning and many students are seen to blame their memory if they have a problem in learning. In this competitive world every student wants to have a bright future and a healthy memory may well play a crucial role in achieving that. So let us go through some of the Memory tips which will help in sharpen your memory.

Consume well- If you want a sharp memory, you must consume a healthy diet. Our whole body needs vitamin and nutrients, so we need a balance diet. Balance diet and healthy food sharpen your memory. So, Consume well and enhance your power to remember things.

Take rest properly- Take rest in between the study hours. Read only for about 1 ½ hour regular and take rest for ½ hour and during this duration of rest, you can go for a walk, start listening music or do anything you like.

Exercise and Pranayam: When you feel tired, try taking a deep breath. You will feel better. Do some memory related yoga and Pranayam to refresh your mind.

Don't take stress: Over stress on your mind is a cause for many diseases. Make yourself tension free because "Stress is nothing more than a socially acceptable form of mental illness".

Make a Time Table: For your Daily routine make a time table and do all the work according to this time table. Through this you can decide the exact timing you want to give to your studies and how much time should be given for leisurely activities and other things.