

# Plant the **HABIT.**

# Grow the **MIND.**

Gentle ways to boost memory, focus & calm every day

# **EVERY DAY**

## **PART 2**



# When You Forget a Word or Name - Don't Panic!



## Why It Happens and What to Do Instead **EVERY DAY**

Everyone forgets words or names sometimes—it's normal, especially as we age. A momentary lapse doesn't mean anything is wrong with you. In fact, stressing about it often makes it harder to remember. Here's how to handle it calmly and confidently.



### **Take a deep breath and relax**

Tension blocks memory recall. If a word is "on the tip of your tongue," pause, breathe, and give it space to come back naturally.

YOUR  
CHAPE?

that nice lady...  
??

### **Use a placeholder**

If you forget someone's name, say something like "My friend from the book club" or "the nice man from the park." You can often recall the name later, once the pressure is gone.



### **Give your brain a cue**

Try to remember where you last saw or spoke to the person, or what the word relates to. Associating it with a situation often helps jog your memory.



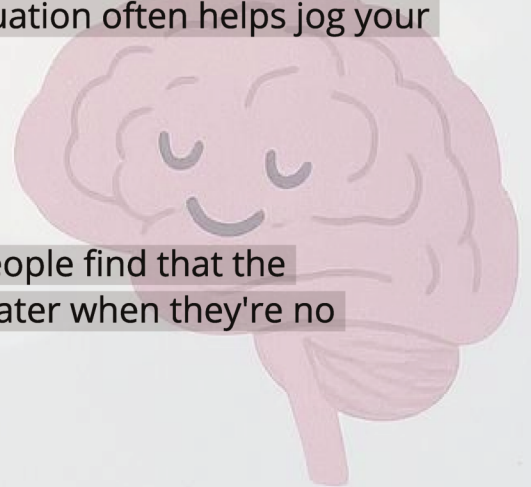
### **Let it go—then let it return**

Shift your focus to something else. Many people find that the forgotten word comes back a few minutes later when they're no longer trying.



### **You're not alone**

This happens to people of all ages - and it happens more when we're tired, distracted, or stressed. Don't judge yourself. Your brain is doing its best!



# How to Tidy Your Home Without Exhaustion

## Energy-Saving Tricks for a Cleaner, Calmer Space

### EVERY DAY

Keeping your home tidy doesn't have to be tiring. With a few smart habits and adjustments, you can keep things in order without using up all your energy. These gentle tips help you clean smarter—not harder.



#### Break tasks into small steps

Instead of trying to clean a whole room at once, focus on one shelf, one drawer, or one corner. Small wins build momentum and reduce overwhelm.



#### Use a timer

Set a timer for 10-15 minutes and tidy during that time. When the timer stops, so do you. This keeps tasks manageable and gives you permission to rest.



#### Sit while doing certain tasks

Folding laundry, wiping low surfaces, or organizing drawers can be done from a chair. There's no need to stand or strain if you can stay comfortable.



#### Keep supplies in each main area

Store a small cleaning kit in the kitchen, bathroom, and bedroom. It saves steps and makes quick clean-ups much easier.



#### Do a "1-minute reset" each evening

Before bed, take just one minute to put away a few items or straighten up. It prevents clutter from piling up and helps you wake up to a calm space.



#### Don't aim for perfection

Your goal is to feel comfortable in your home, not to impress anyone. A tidy-enough space is often better than a spotless one that leaves you drained.





# The Best Sitting Posture for Reading and Puzzling

## Stay Comfortable, Focused, and Pain-Free

### EVERY DAY

When you're deeply engaged in reading or solving puzzles, it's easy to forget about posture—until your back or neck reminds you. A good sitting position keeps your body relaxed and your mind sharp. Here's how to stay comfortable for longer sessions.



#### Sit with your back supported

Choose a chair with a straight back or use a cushion for support. Sit all the way back so your spine stays naturally upright, not slouched forward.



#### Keep your feet flat on the floor

Your feet should rest fully on the ground or on a small footrest. This helps distribute weight evenly and reduces pressure on your lower back.



#### Use a table or pillow for arm support

Resting your arms on a table or soft pillow takes pressure off your shoulders. Holding a book or pen in the air for too long can cause tension.



#### Raise your book or puzzle

If you're always looking down, your neck will feel it. Use a book stand, lap desk, or even a pillow to bring your activity closer to eye level.



#### Take short movement breaks

Stand up, stretch, or walk for a minute every 20-30 minutes. A little movement goes a long way in preventing stiffness and fatigue.



#### Listen to your body

If you start to shift, squirm, or feel discomfort, it's a sign to adjust your position. Comfort helps your brain stay focused and your body stay happy.



# How to Boost Concentration in Just 5 Minutes

## Quick Focus Tricks for a Sharper Mind

### EVERY DAY



Sometimes, all it takes is five minutes to bring your mind back into focus. Whether you're reading, puzzling, or simply trying to stay present, these short exercises can clear mental fog and sharpen attention.



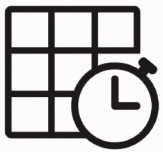
#### Try the "1-2-3" grounding method

Look around and name 1 thing you see, 2 things you hear, and 3 things you feel (like your feet on the floor or the warmth of your hands). This resets scattered thoughts and brings you back to the present moment.



#### Breathe in stillness

Close your eyes and take five slow, deep breaths. Focus only on the inhale and exhale. With each breath, imagine your thoughts settling like snow in a glass ball.



#### Do a mini brain challenge

Set a timer and do a quick word search, sudoku, or match-the-shadow puzzle. Short mental tasks "wake up" the brain and prepare it for deeper focus.



#### Write a single sentence

Take a blank page and write one sentence about what you're doing or feeling. This simple act of writing gives your brain a clear task and stops overthinking.



#### Stretch and reset

Stand up, reach your arms high, roll your shoulders, and shake out your hands. A little movement clears tension from your body and creates space for new thoughts.

# How to Avoid Mental Overload

## Gentle Brain Work Balance for Long-Term Wellness

### EVERY DAY

Keeping your brain active is important—but so is giving it time to rest and recharge. Just like physical muscles, your mind works best with a healthy rhythm of effort and recovery. These tips help you stay mentally sharp without burning out.



### Alternate activity with rest

After 20-30 minutes of focused brain work, take a 5-10 minute break. Let your mind wander, stretch, or simply relax in silence. Breaks actually help information sink in better.



### Mix easy and hard tasks

Don't only challenge yourself with tough puzzles or deep reading. Balance them with lighter, fun tasks like coloring, word searches, or music listening to avoid fatigue.



### Listen to mental cues

If you're starting to feel frustrated, scattered, or tired, it's time to stop. Pushing through mental fog usually leads to mistakes, not progress.



### Don't feel guilty about resting

Pauses are part of the process. Rest isn't laziness - it's brain fuel. Allowing space between tasks improves clarity and problem-solving.



### End on a positive note

Finish each brain session with something enjoyable or something you did well. Positive endings help your brain associate the activity with motivation, not pressure.



# TV and Radio Programs That Stimulate Thinking Entertainment That Keeps Your Mind Engaged **EVERY DAY**



Relaxing with a good show or radio program doesn't have to mean "switching off" your brain. The right kind of entertainment can spark curiosity, challenge your thinking, and even improve memory. Here are some ideas to inspire thoughtful screen time.

## Watch quiz shows or logic games



Programs like Jeopardy!, Who Wants to Be a Millionaire, or local trivia-style shows encourage you to think, recall facts, and even play along. They keep your memory muscles active in a fun way.

## Try gentle documentaries



Nature, history, or science documentaries offer fascinating information without overwhelming you. Choose topics you're curious about, and let your interest guide your focus.

## Listen to storytelling podcasts or radio plays



Narrative audio - like classic radio dramas or modern podcasts - activates imagination and memory. It's also easier on the eyes, giving your vision a rest.

## Follow uplifting interviews or life stories



Programs that share real people's experiences or interviews with interesting minds can spark empathy and reflection - important aspects of mental wellness.



# TV and Radio Programs That Stimulate Thinking Entertainment That Keeps Your Mind Engaged **EVERY DAY**

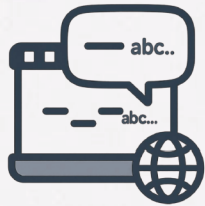


## Explore music shows with commentary



Radio programs or TV shows that explore the meaning behind songs or the history of music genres combine emotional connection with learning.

## Watch foreign films with subtitles



Reading while listening to a different language encourages mental flexibility and attention. Start with something light or funny - you don't need to understand every word.



## Balance with silence

Even brain-friendly shows should be balanced with quiet time. Let your mind process and rest after a good program.

*Your mind deserves entertainment  
that inspires.*

# Helpful Apps for Memory, Reminders & Daily Life

## Easy-to-Use Tools for a Sharper, More Organized Mind



**EVERY DAY**

Smartphones and tablets aren't just for the young—they can be powerful tools to support memory, independence, and everyday tasks. Here are some user-friendly apps that help you stay organized, remember important things, and keep your brain engaged.



### Google Keep

A simple notes app for writing down ideas, grocery lists, or daily to-dos. You can even set reminders based on time or location.



### Medisafe

Never forget to take your medication again. This app sends gentle reminders and keeps track of your schedule with an easy-to-read interface.



### Lumosity or Elevate

Both offer fun brain games designed to improve memory, focus, and problem-solving. Just a few minutes a day can make a difference.



### Magnifying Glass + Flashlight

Turn your phone into a magnifier for small print - perfect for reading instructions, labels, or puzzle clues with ease.



### Google Calendar or Apple Calendar

Keep track of appointments, birthdays, and events with color-coded entries and alerts. You'll always know what's coming next.

# Helpful Apps for Memory, Reminders & Daily Life Easy-to-Use Tools for a Sharper, More Organized Mind



**EVERY DAY**



## Daylio or Moodnotes

Track your mood and thoughts throughout the week. These apps help you reflect on patterns and support emotional well-being.



## Voice Recorder

Record short voice memos instead of writing things down - great for quick reminders or capturing memories on the go.



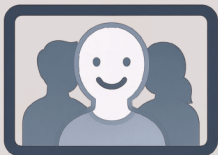
## Insight Timer

A free app with guided meditations and relaxing music. Use it for breathing breaks, sleep routines, or mental calm during the day.



## Simple Weather Apps (like AccuWeather)

Plan your walks or errands with easy-to-read forecasts that don't overwhelm with too much data.



## Zoom or Skype

Stay connected with loved ones near or far. These apps are more accessible than ever and help fight social isolation.

*Let smart tools support a smart you.*



# Easy Ways to Start a Journal for Memory and Reflection

## A Gentle Habit for a Sharper Mind and Calmer Heart

### EVERY DAY

Journaling isn't just for writers—it's a simple, powerful tool for remembering, reflecting, and feeling more present. Just a few words each day can help organize your thoughts, strengthen your memory, and give your day more meaning.

### Start small

Begin with just one or two sentences. Write down something you saw, felt, or thought about today. There's no "wrong" way to do it - your journal is for you.

### Use simple prompts

Need inspiration?

Try questions like:

- What made me smile today?
- What do I want to remember about this week?
- What's one thing I'm grateful for?

### Keep your journal visible

Place it near your favorite chair, next to your bed, or by your puzzle book. Seeing it often will remind you to write - even for just a moment.

*Write to remember. Reflect to grow.*

# Easy Ways to Start a Journal for Memory and Reflection

## A Gentle Habit for a Sharper Mind and Calmer Heart

### EVERY DAY



### Don't aim for perfection



Spelling, grammar, and handwriting don't matter. The goal is expression, not performance. Write the way you think.

### Make it a memory tool



Journaling helps you look back and remember people, places, and feelings. Over time, it becomes a beautiful record of your life story.

### Try different formats



Some people prefer lists, drawings, or even gluing in little mementos. There are no rules - only what feels enjoyable and honest to you.

*Write to remember. Reflect to grow.*



# How to Track Your Progress

## Create a Simple Brain Health Log

### EVERY DAY

Tracking your mental activity helps you stay motivated, see improvement, and build confidence. You don't need fancy charts or apps—just a few notes can show how far you've come. Here's how to create a simple, meaningful log for your brain health journey.



### Use a notebook or printable page

Designate a space where you can record your daily or weekly mental activities - puzzles solved, new things learned, or how focused you felt that day.

### Rate your mental energy

Each day, give your brain a gentle "check-in."

For example:

- Good focus and energy
  - A bit distracted or tired
  - Needed lots of rest
- This helps you spot patterns and make adjustments.

### Write what felt easy or challenging

Note which tasks felt smooth and which required more effort. This builds self-awareness and helps you choose the right level of difficulty for your next session.



*What you track, you strengthen.*





# How to Track Your Progress

## Create a Simple Brain Health Log

### EVERY DAY

#### Celebrate small wins



Did you finish a tough puzzle?

Learn a new word?

Remember something important without help?

Write it down! Every step matters.

#### Track variety



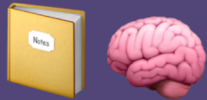
Log the types of activities you're doing: memory games, reading, movement, journaling. A healthy brain thrives on variety and balance.

#### Review weekly



Take 5 minutes at the end of each week to read what you've written. You'll be surprised how much progress you've made - even if it felt slow at first.

*What you track, you strengthen.*



# What to Do When You Lose Motivation

## 3 Gentle Steps to Find Your Spark Again

### EVERY DAY

It's normal to feel unmotivated sometimes—especially with mental exercises or new habits. When your energy or interest fades, don't be hard on yourself. Instead, try these simple steps to gently reconnect with your goals and joy.

#### Pause and Breathe



Take a moment to stop and breathe deeply. Let go of any pressure or frustration. Remind yourself that motivation comes and goes, and that's perfectly okay.

#### Break It Down



Instead of tackling a big task, choose a tiny, easy step you can do right now - like solving one puzzle or writing one sentence. Small wins build momentum and confidence.

#### Remember Your "Why"



Think about why you started - whether it's to keep your mind sharp, enjoy a relaxing hobby, or connect with memories. Reconnecting with your purpose can gently reignite your motivation.

*Start your day with purpose,  
and joy will follow.*

**Psst! Having fun?  
Don't ghost us — leave a review!**

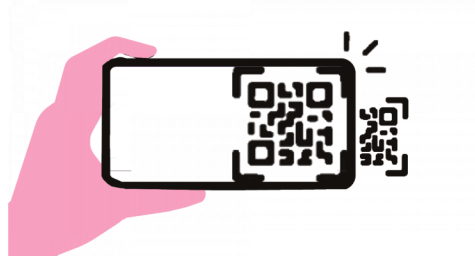
**It really helps more than you think!**



**1. Open Your Camera App**



**2. Point Your Mobile Device at the QR Code Bellow**



**3. The Review Page Will Appear In Your Web Browser**