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## Research Article

# MEMORY AND METHODS OF STRENGTHENING IT

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## ABSTRACT

Increased forgetfulness can greatly complicate a person's life. Without a good memory, you can't do without studying, it is difficult to operate with professional knowledge, it is problematic to expand your horizons and remember new information. In this article, we find out what methods and exercises can be used to strengthen your memory and improve brain function.

## KEYWORDS

Memory, remembering, forgetting, experience, perception, attention.

## INTRODUCTION

Modern technologies have not only made life easier for people, but also relieved them of the need to train their own minds. In everyday life, and often at work, we have enough of a part of the potential inherent in nature. As a result, even young people increasingly face the problem of forgetfulness. Our life, as a path from an

experienced past to an unknown future, what we call the "present", can actually be expressed through a moment of experienced sensations. But the present is a continuation of the past, which is formed by the past due to memory. It is memory that does not allow the past to become as

incomprehensible as the future, in other words, memory guides the passage of time.

Memory determines our individuality and forces us to act in one way or another to a greater extent than any other feature of our personality. Moreover, memory is considered the most durable of our abilities. It can live independently, without any abilities, without any sense organs. but a person who has lost his memory loses his "I" and ceases to exist. That is why clinical cases of memory loss are so interesting and frightening. That is why it would not be wrong to say that memory is the basis of personality.

Memory is the mental process of remembering, remembering, recalling, and forgetting things and events that were perceived in the past. A person remembers any experience, any impact, for a short or long time, in the form of a "trace" of these events. We remember and store in memory words and phrases, as well as images that can be restored in the form of imagination.

Memory is a general term for a set of cognitive abilities for the accumulation, storage, and reproduction of knowledge and skills. Memory in various forms and types is characteristic of all higher animals. In humans, the highest level of memory declines. Memory is one of the important features of the nervous system, which consists of the ability to store information about events in the external world and the body's reactions to these events for a certain period of time, as well as the ability to fill in and change this information. There are 3 types of memory: visual, auditory, motor.

Visual memory is the memory related to the storage and reproduction of what is seen, helps to develop imagination;

Auditory memory is the accurate storage and reproduction of information heard, such as music or speech. This type of memory is essential for musicians and translators. Motor memory is the ability to learn from mistakes, when we do something, we remember it. So we learn everything from childhood in everyday life.

Three main functions of memory are distinguished: remembering (remembering), remembering and recalling. Also, forgetting is one of the memory processes. Short-term and long-term memory differ depending on the duration of memory. If the brain structures make a "decision" about the need for information, it becomes long-term memory. Information is stored in short-term memory for about 20 seconds. Memory is a common function of the brain, and almost all analyzers participate in its maintenance. Almost 70% of the signals to the cerebral cortex come through the vision analyzer. Many areas of the cerebral cortex are involved in the memory process.

Remembering is the first stage of memory. Remembering is involuntary and voluntary. The more necessary the information, the easier it is to remember it. According to researchers, the necessary material is remembered 9 times better than unnecessary material. Remembering is carried out through various analyzers. The more receptors and analyzers involved in the perception of the material, the better the memory.

Indeed, in order to remember the structure and operation of a medical device well, you need to hear about it (auditory analyzer), look at drawings and models (visual analyzer), and participate in assembling and disassembling its parts (kinesthetic sense). The retention of information in memory also depends on the type of memory. Experts distinguish between semantic and episodic types of memory. Semantic memory is memory that provides information about meaning. For example, Sigmund Freud was a research scientist, the founder of the doctrine of psychoanalysis. Information about Z. Freud is stored in memory in the form of various information about him. He is a famous scientist in the field of psychoanalysis. Sometimes a person remembers well the field in which this scientist is famous, but forgets the name of the scientist. This is a type of semantic memory disorder. In episodic memory, a specific part of an event is remembered. For example, someone was hit by a car on the street and was immediately taken to the hospital. If, after some time, a person who witnessed the incident is asked about the details of the incident, the witness will only remember that someone was hit by a car. The rest, namely, what kind of car hit him, the appearance and approximate age of the driver, and who called the ambulance, will be forgotten.

Memory pathology. There are many diseases that lead to memory impairment. The most common type of memory impairment is amnesia. Memory loss is called amnesia. The following types of it are distinguished.

Anterograde amnesia - the patient cannot remember events and phenomena after the disease. Retrograde amnesia - events that occurred before the disease are forgotten. Such memory impairments are mainly observed in craniocerebral injuries. Memory disorders are common in brain injuries and mental illnesses. These include cerebrovascular diseases, craniocerebral injuries, Alzheimer's-type dementias, toxic encephalopathies, chronic alcoholism, drug addiction, epilepsy, and a number of degenerative diseases. In general, any disease that negatively affects the integrative processes in the brain can lead to memory impairment. Why does memory deteriorate? Memory problems can be pathological and, for example, occur in connection with the development of Alzheimer's syndrome. Among those who have struggled with it over the years are former British Prime Minister Margaret Thatcher, former US President Ronald Reagan, writers Iris Murdoch and Gabriel Garcia Marquez, as well as singer Tony Bennett and artist Norman Rockwell.

However, difficulties with memorization in adults are not always clearly associated with this syndrome - often we can only talk about a decline in cognitive functions, for example, in the form of difficulties with memorizing new information or concentrating, which can be solved through training or lifestyle changes. One of the reasons for the decline in memory quality is age. According to Yulia Sushchevskaya, a neurologist at the Best Doctor group of companies, at least



three factors contribute to age-related memory decline:

- loss of nerve cells and connections between them;
- accumulation of pathological proteins in the body;
- "information overload" - information that a person rarely uses is repressed and gradually forgotten.

How to improve memory: Below we offer several useful daily exercises to train and strengthen your memory.

1 - Improve your attention. Memory is closely related to attention. How to improve memory: Pay attention to everything you do. This way, you will remember what you said better and show that you are paying attention to the subject.

2 - Use memorization techniques or mnemonics. Mnemonics involve using simple associations to remember information. For example, images, words, smells and other things that are familiar to you that can be associated with new information. Use your imagination to master this technique to improve memory. How to improve memory: repeat new information several times, combine it into groups, find associations and connections with already familiar objects and concepts, use memorization techniques. Use rhythm and songs to help you learn information (for example, time tables), use mnemonic phrases or acrostics

3 - Try mental games to improve your memory. Logical and strategic games have a positive effect

on memory and attention. The most suitable games are chess, sudoku and the like. The gray cells in your brain will thank you

4 - Try to actively remember something. Our memory is strengthened when we remember facts, events, impressions... When we remember how we spent that day, what we had for lunch, the names of the characters in the books we read... In this way, you exercise the four parts of your brain: memory, working memory, thinking and analysis, which improves memory

5 - Good sleep improves memory. The process of storing information occurs while you sleep. Then the brain switches from a receptive state to a storage state: during rapid eye movement sleep, all the events that occurred during the day are classified and linked to other already accumulated memories and knowledge. To improve memory, you need to get enough sleep, no matter how old you are.

6 - Exercise improves memory. Physical activity saturates the brain with oxygen and reduces the risk of diseases such as diabetes and cardiovascular disease, which can lead to memory loss. It also reduces stress hormones. To maintain this habit, it is important to enjoy what you do.

7- Proper nutrition. A healthy diet is important to keep our body in good shape. It is very important to avoid nutritional deficiencies to ensure that our brain functions properly. There are foods that improve brain function and prevent memory loss, such as green tea, walnuts, ocean fish and omega-3 fatty acids found in olive oil, which have been

shown to be memory enhancers. Vanilla, rosemary, and sage can also stimulate memory. Chewing gum is another proven way to improve memory, as it increases heart rate and releases a unique aroma.

8 – Get rid of stress. Stress is one of the biggest enemies of our brain. So, sometimes chronic stress destroys the neurons of the affected brain's memory centers. Practice relaxation and meditation techniques. They have been proven to be very effective in reducing stress and anxiety. Set realistic expectations (and learn to say no). Take breaks throughout the day and express your feelings openly without hiding or repressing them. Find a balance between work time and leisure time. Do not try to focus on more than one task at the same time, as multitasking can increase stress.

Not every person is naturally endowed with a perfect memory capable of mastering the information they need. Of course, you can use various paper, audio, video and computer media to store and retrieve information, but in the increasingly complex human environment, it is necessary to store a large amount of data in your own memory. And not just store it, but have the ability to use it effectively. That is why memory training, its development, and the development of abilities to analyze a huge flow of incoming information are so important. The use of mnemonic techniques can help to significantly facilitate the task of memorizing information, making this process not only fast and effective, but also enjoyable, understandable and interesting. This is especially important for those

who participate in the educational or scientific process.

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