



Dealing With Forgetfulness



Overview

Where did I leave my keys? Did I remember to buy milk? What's the new neighbor's name? We've all experienced forgetfulness at some point, and mild forgetfulness isn't usually a cause for concern. If you're struggling with mild forgetfulness, there are some things you can do to help deal with it.

Get organized

First, get organized. Always put important things like your keys, glasses and wallet or purse in the same place every time you use them. Use a calendar so you won't forget to do things. Write notes to yourself when you need to.

Focus on health

Next, focus on your health. Eat a nutritious diet, and limit the amount of alcohol you drink. Get regular exercise. And make sure you get enough sleep. A healthy body supports a healthy mind.

Keep your mind active

Keep your mind active, too. Spend time with loved ones. Take up a new hobby, or learn a new skill. Volunteer for a cause that you care about. These can all help keep your mind working and sharp.

Cause for concern

And finally, know that some problems with memory aren't simply "forgetfulness." If you forget how to make change or use a telephone, that's a problem. If you get lost in a place you know well, that's cause for concern. These can be warning signs of a serious issue. If you experience memory problems like these, see your doctor so you can get the care you need.