

## **Cognitive worksheets pdf: Version 2**

**Following are the tips to improve your memory:**

- Take care of your physical health.
- Take care of your sugar and blood pressure levels.
- Maintain Hygiene.
- Stay connected with your loved ones.
- Eat a well-balanced and healthy diet.
- Exercise is a great way to deal with emotional stress; it releases endorphins that make your mood better.
- Do something that you love.
- Exercise is a great way to deal with emotional stress; it releases endorphins that make your mood better.
- Deep Breathing.
- Jogging.
- Set Boundaries and maintain them.
- Make self-care a part of your routine.
- Practice Gratitude.