

Ness Top Tips to Stay Mentally Agile (Memory Worries Edition)

Use this simple framework to support long-term brain health:

3 Pillars of Brain Health

1. **Good Physical Health** – Prioritise:
 - Sleep, hearing, vision, nutrition, regular exercise
 2. **Cognitive Stimulation** – Engage with structured brain exercises (see below)
 3. **Social Stimulation** – Stay socially active with diverse, regular engagements
-

Brain Exercise by Cognitive Skill

MEMORY (Working & Episodic)

- **N-Back Training** – Try apps like *Brain Workshop*, *Lumosity*, or *IQ Mindware*
 - **Mental Math (No pen!)** – Add/multiply in your head, while walking if possible
 - **Chunking & Repetition** – Memorise and repeat sequences; use apps like *Anki*
 - **Card Games** – Play *Concentration*, *Set*, or *Uno with rules*
 - **Follow Multi-Step Instructions** – E.g. “clap twice, spin, say your name...”
-

PROCESSING SPEED

- **Speed Games** – Use apps (*BrainHQ*, *Lumosity*) or play “Spot the Difference”, Bop It
 - **Dual Tasks** – E.g. walk while doing maths or naming animals
 - **Timed Drills** – Solve maths, recall words or count backwards quickly
 - **Other Boosters** – Speed reading, musical instruments (with metronome), or HIIT
-

CONCENTRATION

- **Mindfulness Meditation** – Start with 5–10 mins/day using *Headspace* or *Insight Timer*

- **Deep Reading** – Read dense books in distraction-free blocks (20–30 mins)
 - **Attention Games** – Try *BrainHQ Target Tracker* or *Focus Keeper*
 - **Stroop Task** – Say the colour, not the word (e.g., “blue” written in red)
 - **Distraction Drills** – Count backwards while music plays or balance while solving problems
-

SEMANTIC FLUENCY (Fast Word Recall)

- **Timed Category Naming** – E.g. name 10 animals in 60 secs
 - **Semantic Clustering** – Break categories into subgroups (e.g., citrus fruits)
 - **Odd-One-Out** – Spot the item that doesn’t belong in a group
 - **Synonym/Antonym Recall** – Name 3–5 per word
 - **Word Association Chains** – Link ideas rapidly (e.g., dog → bone → chew)
 - **20 Questions** – Use yes/no questions with category clues
-

Supporting Activities

- Read widely, learn languages, play word games (*Taboo*, *Scattergories*), tell stories
-

TO LEARN MORE ABOUT HEALTHY BRAIN EXERCISES JOIN THE NESS ACTIVE MINDS COURSE! To sign up or find our more information please email info@nesscaregroup.co.uk or call 01626 774 799. Many Thanks.

Jonathan Hanbury
Founder of The Ness Care Group
&
Clinical Nurse Specialist in Brain Health