

Stressed? Forgetful? Give your brain a workout!

Wish you could think more clearly? Never forget a thing? Sherry Miller can, thanks to a simple "workout" that makes even the busiest day a breeze!



"I remember so much more now," says Sherry with Devin; and "working out" below.



Remember when your mom used to say, "Good thing my head's attached, or I'd lose it"? With so much on our minds, it can be hard to think straight, and things can start falling through the cracks.

That's what happened to Sherry Miller, a 34-year-old Binghamton, New York, pediatric occupational therapist with a two-year-old son.

Sherry used to be organized. But after she became a mom, and had to get herself ready for work and Devin ready for the sitter's, she was always scrambling to find something.

At work, she was distracted, too. When she didn't have time to write up evaluations immediately, she'd have trouble remembering details.

"I feel like I'm losing it," she told her husband, Daniel.

"The old Sherry's back!"

Then Sherry heard about a focusing technique called Brain Gym. The brain gets into a rut, researchers had found, but certain exercises can help it change gears!

And the Brain Gym movements—like drawing with both hands and picking up a cotton ball with chopsticks—were doable by all.

Still, "It seems too simple," Sherry told instructor Jan Fiore. But it was fun! And it could help the kids she treated. So she tried it for them.

And after practicing the exercises, Sherry saw a difference in herself! She felt calmer and didn't forget anything. She had time for unhur-

ried hugs with Devin. At work, she felt focused, too. And at night, when she wrote up an evaluation, she remembered every detail!

"I feel like the old Sherry's back!" she raved to Daniel.

And, doing just three to four minutes of Brain Gym exercises every day, Sherry stayed focused!

"Brain Gym is so easy, anyone can do it. And it works! Now I feel calmer at home and at work, I can remember everything and get more done! It definitely made my brain work better!"

—Deborah Bebb

Did you know?
It's a myth that we only use 10% of our brains. We use 100%—just not all at once.

Brain Gym exercises that'll Boost your brainpower!

● Double-doodle

Using both hands like a conductor, "draw" large, free-form, mirror-image shapes in the air.

● Lazy 8's

In the air or on paper, "draw" figure-8's with your right hand, following the movement with your eyes. Then do the same with your left hand, and then, with both hands at once.

● Cross-crawl

Slowly march in place, bringing your opposite elbow to your knee each time. Doing just a few of these will increase your focus!

5 tricks for remembering the little things

Always forgetting or misplacing things? To find them fast:

✓ Take a deep breath.

This relaxes your body, preventing it from releasing a flood of the stress hormone cortisol—which can make it harder to remember things.

✓ Sit up straight.

Good posture makes it easier to take full breaths, which improves brain function.

✓ Drink some water.

Even slight dehydration can cloud your thinking. So drink up!

✓ Neaten up a little.

Experts say the brain works best in orderly surroundings. So organizing a space may make it easier for the brain to remember.

✓ Picture a place you love.

Visualizing a gorgeous beach, for example, can relax your mind, allowing thoughts to surface—so you can find the item you misplaced.

