

## 5 Brain Games to Boost Your Memory



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The size of an average human brain is  $1400\text{cm}^3$  and it weighs somewhere around 3lbs. on average. For such a small organ, it sure packs an amazing amount of memory. In fact, [recent research](#) has found that the memory capacity of your brain may actually be able to store the information on the entire Internet. As you [grow old](#), your brain slows down and the cognitive functioning starts deteriorating. However, there is no need to worry. There are some entertaining ways to improve your memory in old age. Here are five games that you can play to boost your memory.

### 1. Jigsaw Puzzles

When you are playing jigsaw puzzles, you are actually employing your short term memory. Your brain has to look at all the different pieces and figure out a way to put them together. These puzzles also [stimulate the interaction](#) between your left and right brain – while the left brain looks at the different parts logically, the right brain shows you the completed picture. Remember, if you want your brain to work harder, choose a jigsaw puzzle with a bigger number of pieces. Flip the pieces, and now your brain will only have to rely on shapes to complete the puzzle!

## **2. Rebus Puzzles**

A rebus puzzle is made up of little pictures that consist of letters, numbers, and symbols. These pictures provide hints to the answer of the rebus puzzles. For example, the rebus puzzle “MOMANON” is actually a way of saying “the man in the moon”. These puzzles are completely different from your traditional word games because you will need the knowledge of expressions to solve them.

## **3. Concentration Game**

You must have played or heard of the concentration game in your childhood. Cards are typically used in this game – cards are placed face-down in rows, and you flip two of them and try to match sets. This game engages your short term memory. If you want to increase the difficulty level of this game, all you need to do is place the cards face-down in an unorganized manner. In other words, forget about arranging them in neat rows. Go for a messy arrangement instead. This will make the task of recalling the location of cards more challenging.

## **4. Chess**

Chess is one of the most strategic as well as the most cerebrally challenging games of all time. You can use this game to work on both your short term and your long term memory. If you have been playing this game for a while now, you will have specific strategies in place in your long-term memory, so all you have to do now is retrieve them. On the other hand, if you have just started playing this game, you will be using your short term memory to examine the board and plan your moves.

## **5. Brain Metrix**

[Brain Metrix](#) is in reality an educational website, and offers you some spectacular brain-training programs. This website boasts a massive collection of creativity, color, memory, spatial intelligence, IQ, and concentration games. The main aim of all these exercises is to boost the cognitive functioning of your brain. This in turn ensures that your risks of dementia and [Alzheimer's](#) are reduced.

There is a reason why kids are encouraged to play these games is that brain games and puzzles are known to develop abstract thinking and imagination as well as boost memory capacity. Although most of these brain games may seem childish, the truth is that they actually work to enhance the memory of

adults too.