It’s Not Just You: ‘Senior Moments’ Became More Widespread During the Pandemic

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If you aren’t a senior, but still experiencing ‘senior moments,’ you are in good company, according to recent Wall Street Journal report.

“Our brains are like computers with so many tabs open right now,” said Dr. Sara C. Mednick, a neuroscientist and professor of cognitive science at the University of California, Irvine.

“This slows down our processing power, and memory is one of the areas that falters.”

‘Senior moments,’ otherwise known as fleeting bursts of forgetfulness, are becoming more commonplace, according to memory experts.

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