

# These Are the Best Ways to Improve Your Memory

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All day every day, your brain is bombarded with new information. Confronted with this tsunami of sensory and cerebral input, it's no wonder much of it slips through your memory's grasp. But if you feel like you're forgetting more than you should—or if you just want to pump up your retention and recall—there are some science-backed ways to improve your memory.

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But there are things you can do. Mindfulness meditation may help beef up your memory. One [small 2013 study](#) found that students who took a two-week mindfulness course improved their scores on a test of working memory. They were also better able to block out distraction. “It doesn't take much mindfulness training to get a temporary boost in performance,” says Michael Mrazek, first author of the study and director of research at the University of California, Santa Barbara's Center for Mindfulness & Human Potential. “Even eight minutes of mindful breathing can make you a little sharper,” he says.