A change in memory is common after brain injury

Ways to improve memory

Internal Strategies:

- Repeat, rehearse, or paraphrase information to help encode it
- Use visualization (e.g. mentally retracing your steps, or use it to help plan ahead)
- Use association (e.g. When trying to remember a person’s name, think of family member with the same name, someone famous, or use a rhyme “Pat’s a cool cat”)
- Be aware of your emotions. Improving your sense of wellbeing by socializing and doing pleasurable activities can improve your memory by reducing stress.