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# Verb Generation Activity: Farmers

Generating verbs is a challenging linguistic activity that exercises attention, executive functioning and word fluency. You may set a time limit of 60 seconds, 90 seconds, or two minutes.

**List things that farmers do:**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 |  | 11 |  |
| 2 |  | 12 |  |
| 3 |  | 13 |  |
| 4 |  | 14 |  |
| 5 |  | 15 |  |
| 6 |  | 16 |  |
| 7 |  | 17 |  |
| 8 |  | 18 |  |
| 9 |  | 19 |  |
| 10 |  | 20 |  |

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# What Does Spirituality Mean to Me?

(Mayo Clinic, 2008)

What are your important relationships?

What brings you joy?

Where have you found comfort?

What are your three most memorable experiences?

If you have survived losses in your life, how have you done so?

# What Does Spirituality Mean to Me?

What do you believe will happen to you when your physical life ends, and how do you feel about that?

Describe a time when you felt comfortable and all was right with the world.

Describe a time when your life was filled with a sense of meaning or you were filled with a sense of awe.

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# Patterns Activity

Complete the following sequences:

**1.**  2, 4, 6, 8, 10, 12, **?** **6.** 4, 12, 16, 20,**?,** 12, 4

a. 13 a. 4

b. 14 b. 12

c. 16 c. 16

d. 15 d. 20

**2.** 1, 3, 6, 10, 15, **?** **7.** A, D, G, J, **?**

a. 17 a. M

b. 20 b. N

c. 21 c. O

d. 23 d. P

**3.** 1, 7, 13, 23, 29, **?** **8.** A, C, F, J, **?**

a. 30 a. O

b. 31 b. P

c. 32 c. Q

d. 33 d. R

**4.** 4, 9, 16, 25, 36, **?** **9.** Z, X, V, T, R, **?**

a. 40 a. Q

b. 49 b. P

c. 56 c. O

d. 64 d. N

**5.** 5, 10, **?,** 20, 25, 30 **10.** K, L, N, Q, **?**

a. 15 a. Z

b. 22 b. X

c. 35 c. V

d. 40 d. U

Answers: 1. B, 2. C, 3. B, 4. B, 5. A, 6. C, 7. A, 8. A, 9. B, 10. D

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# How to Reduce Absentmindedness

1. Put an item that needs to be remembered in an unusual place (i.e., put clothes that need to go to the dry cleaners by the front door).
2. Have a memory place. This is a special place for keys, glasses, pills and other items you use or need regularly.
3. Organize your environment. “A place for everything and everything in its place.”
4. Set an alarm or timer if you need to do something at a certain time.
5. Keep a good calendar.
6. Use object cues to remind yourself of something you’re supposed to remember (i.e. tie a string around your finger or turn your watch around).
7. Write notes to yourself.
8. Don’t procrastinate.
9. Talk to yourself. “I’m turning off the stove. The stove is off.”
10. If you find yourself in another room and can’t recall why, go back to where you started.