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Classification study guide

When you move from one place to another and try to match furniture and equipment from the old office to the new one, sometimes you run into problems. Today's described workspace is distinguished by an excellent before and after the metamorphosis. Lifehacker reader Dave Bach made on his little research with some fresh paint, new window treatment, and an amazing custom built desk. He writes: My study was a poorly laid out place - I just transplanted the same design from my previous house to a new room - I didn't feel spacious and although it had a lot of space, it was always full and felt cluttered. The heater was under the desk, so I always dug it or got hot feet. I have back pain from sitting at a low desk all day, and the computer sounded like a jet engine when you opened the app. As the monitor rolled back into the window, I always struggled to see the screen as it would silhouette through any external light coming in. So I bought a new computer and decided that I needed a new desk to go along with it. After many searches, but not finding anything that would fit the bill (good height, the ability to hide all wires and unused gadgets, etc.), I decided to build my own. It had to make the room more spacious, holding all the useful files, gadgets, wires, etc. that I need. I wanted to move my old PS3 to research too, so that the quieter slim could take over iPlayer and streaming duties in the living room. Any extra space would gain to be used to introduce a nice chair, so I can play guitar and PS3 alone. I've been itching to start a woodworking course, but it's always canceled at the last minute - so my woodworking skills are almost what you see is what you get - no funky pigeon tails here - it's basic butt joints, pine and MDF all the way! The new configuration looks fantastic and has enough style to belong to the warehouse. Excellent work, Dave, and a great example of how a little magic DIY gets exactly what you want and how you want. Check before, in progress, and post photos below: If you have your own workspace to show, upload the photos to your Flickr account and add it to the Lifehacker Workspace Show and Tell Pool. Include some details about the setup and why it works for you, and you may just see it featured on the front page of Lifehacker.G/O Media can get a commission Before and after: Tiny Study Lifehacker Workspace Show and Tell Pool! Independent, trusted online education guide for over 22 years! copyright ©2020 GetEducated.com; Approved College, LLC All Rights Reserved Last updated December 15, 2020 How to Improve Memory is a common question that was raised after reaching this age. Friends and family remind us that memory is the first thing to go through as we get older. Or maybe hearing and vision that are related to our ability to learn and develop. True, with age things do not always work as they should. But maybe we're looking at it all wrong. Maybe it's not because we're getting older, but the methods we use to learn and improve our memory are bad? Nevertheless, it is important not to panic because there are all sorts of strategies and resources available to improve our learning and memory. Why isn't our memory good enough? To understand why the strategies I share are helpful, you need to understand why your memory is bad in the first place. The first most important thing to remember is: People forget all the time. Passwords, shopping lists, our phone, car keys and more. People forget about these things and it has nothing to do with age. With this in mind, there are specific reasons that increase the frequency of this. Excessive use of the following will further inhibit our memory and learning opportunities: lack of sleep - the amount and quality of sleep are essential to memory. Most of the tips offered for preserving and growing memory is to fall asleep. No wonder, then, that its absence will harm memory. Depression and stress - Depression usually causes people to lose focus and not pay attention. This state of mind eventually turns to people losing their memory. Stress works in a similar way to fighting for concentration. We are too and our mind is over-stimulated. Nutritional deficiency - Our brain needs certain nutrients to function. In particular, B1 and B12 are vitamins that affect our None of which will cause memory loss. Alcohol or drug use - Excessive use of one substance is associated with brain damage, which causes memory loss. Smoking also belongs to the same category. Medications - A large number of over-the-counter medications can actually cause memory loss. From antidepressants and anxiolytic drugs to sleeping pills and analgesics. How to improve memory can be as simple first as avoiding these causes and considering the following: These are all great things, but we can always do more. The number of causes of memory loss is not subject to these causes. There will still be memory lapses and other factors. Fortunately, the tactics I will share below will help mitigate these factors. How to improve memory quickly How to quickly improve memory is not an easy task. In most studies circulating around memory, the training process can take months or even years. The upside is that all these techniques are simple and take a few minutes of the day. So, while the process takes some time, the daily demand is small and it's easy to get into cycle z. 1. Develop your brain Our brain is extremely powerful. Throughout our lives, our brains have developed millions of neural pathways at this point. These paths give us the ability to quickly process and withdraw information. The speed at which we can solve problems, perform ordinary tasks effortlessly, is thanks to these paths. With that in mind, if we continue to stick to these comfortable roads, we don't really develop, right? While well-worn paths are helpful - especially when they are associated with good habits such as exercise, seduction or reading - they are not a challenge. So do yourself a favor and challenge yourself once in a while. As it is said: Use it or lose it. This refers to muscle strength, but the same can be said about our memory. If we don't use it, how will we be able to stop it? The further you give your brain a workout, the more you will be able to use it in the future. 2. Learn actively Another great way to improve memory is to get out there and learn something or two. But instead of learning passively, reading more or taking part in classes, use your brain when you are learning actively. How to take some practical steps to support your own learning and memory: Pay attention. Even if the topic is known or you've heard it all before. Learning is not always about listening to it once and abandoning the subject. Ideas and concepts are worth repeating. It takes exactly eight seconds of intense focus for us to fully process a piece of information and keep it in mind. So pay attention. Associate information with what you already know. People learn through stories or by example. Therefore, some people sometimes associate words or with people's names. These strategies help us learn and store information. The same can be said for information on each topic. Practice information you already know. Browsing and studying helps preserve information and development. When we have an understanding of the basics, we can develop from there. 3. Work out your body at the same time, studies have shown that developing our body also promotes memory growth. In particular, exercises affect our plasticity. Plasticity is roughly the ability of our brain to change its structure as it develops and grows. In other words, exercise can open our minds to change. Not always dramatic changes, but changes in our habits and procedures as well. Exercise can also promote new neural connections, which in turn help to solidify new habits in the first place. Best of all, these exercises don't have to be incredibly tiring to get the benefits. Aerobic exercise works particularly well on the brain. Examples include walking, jogging, swimming or cycling. In general, any exercise good for the heart is good for the brain. 4. Get Enough Sleep Sleep, as already mentioned above, is important, although people have different definitions of proper sleep patterns. Not to mention people who know this, but they just can't get a good sleep for any reason. First, the vast majority of us need 7 to 9 hours of sleep each night. Skipping for a few hours will make a huge difference in our daily function. Still, some of us are in a camp where we can't get enough sleep. In such cases, it is necessary to take into account the techniques of observing before bedtime: To have a sleep schedule. Train to go to bed at a certain time each night and get up at about the same time each morning. This habit will eventually state the brain to feel tired at a certain time and get up at a certain time. Avoid blue light for an hour before going to bed. People are glued to tablets, computers, phones and TVs. This inhibits the production of melatonin in our brain - a brain drug that makes us sleepy. Cut off the coffee. Probably some love to have a cup of joe in the morning, but some are also very sensitive to caffeine. So much so that one cup in the morning can interfere with sleep at night. If you have trouble sleeping, check if caffeine is a problem by reducing the amount or avoiding the drink for a week and see what happens. My other article on building a night routine can help you sleep better too: The Ultimate Night Routine Guide: Sleep Better and Wake Up Productive 5. Socialize and be with others Another way to improve memory is to be with friends. There are all sorts of studies that highlight the benefits of being around friends; The most important is cognitive benefits, including improving mood and reducing stress. Start making friends and spending a lot of time together. After all, as we get older, we have to narrow down the circle of friends and that too our memory. 6. Eat right foods Another way to improve memory is to have the right foods. I mentioned the diet above, but not about the specifics of the diet. According to the Mayo Clinic, a healthy diet is eating fruits and vegetables as well as whole grains. You also want protein, but make sure there is little fat; examples are fish, beans or poultry without skin. For the attention of protein, it is worth paying attention to the types of fish worth eating. Research shows that eating fish that are rich in omega-3 is good for the brain. So cold water fish such as salmon, tuna, trout, mackerel, herring, sardines or halibut are a great choice. And if you're not a fan of fish, some alternatives are spinach, broccoli, pinto beans, pumpkin seeds and walnuts among others. Drinks also play a role, as I mentioned, alcohol can affect memory directly, as well as coffee indirectly. My suggestion is to stick to water, and if you want some caffeine, consider tea. 7. Don't ignore your health problems Various health problems affect our memory. Some drugs also affect our memory, even if they are designed to treat a specific health problem. While it is clear that we should deal with any health problems, we can find early signs. Specific health problems that affect our memory include: General heart problems - Cardiovascular diseases include high cholesterol and blood pressure. They are associated with mild cognitive impairment and even dementia. Diabetes - Studies have also shown that individuals experiencing this have a greater cognitive decline than those who do not. Hormonal imbalance - From estrogen to testosterone and thyroid imbalances, hormonal imbalances can contribute to memory loss in some way. From what I mentioned above, the techniques are quite simple. The most difficult thing is to implement these strategies in our lives. After all, these are habits, and some may take some time to build. Memory loss is due to our neglect of these habits or other factors. To accept memory loss is to accept other memory loss problems in our lives, such as Alzheimer's disease, or dementia. But one of the good news that I'll leave with is that you don't have to implement all of these. Adding even one or two of these techniques will change your life! More to increase your memoryFeatured photo credit: JESHOOTS.COM via unsplash.com unsplash.com