



Thinking Thursday



What's in a Name?

It's happened to many of us at one time or another. You bump into someone you know at a party or a grocery store and suddenly realize that you can't remember their name! You spend the rest of the conversation hoping they will eventually mention their name.

Try some of these tricks and tips to help improve your memory:

1. **Repeat, repeat** - right after you are introduced to someone, use their name in a sentence, such as "Nice to meet you, Jane." Then, repeat it in your head three times. Continue to use it periodically throughout your conversation.
2. **Spell it out** - if it's an unusual name, ask them how they spell it. Or spell it out in your head.
3. **Associate it with something** - find a connection between the name and something. Maybe Jane arrived on a train, hence Jane/train. Or Tina is drinking tea, hence Tina/tea.
4. **Relax** - stress can have an affect on our memory. Incorporate meditation into your day and that can have a profound affect on your memory.

NAMI Vermont Minute:

When a loved one dies, their family will opt to name an organization to receive memorial donations in honor of that person in lieu of flowers. NAMI Vermont is grateful when we are chosen to be that organization. We are proud to be able to honor their loved one in the work we do - the free programs we offer, the advocacy for those in need and the continuous push to raise awareness about mental illness.

If you are interested in setting up memorial donations in honor or memory of a loved one, please email info@namivt.org or call 802-876-7949.