

HANDOUT - FACTORS THAT AFFECT HOW WELL WE REMEMBER

1. NOT PAYING ATTENTION
2. ABSENCE OF THE CUES THAT WILL TRIGGER MEMORY
3. INTERFERENCE (being distracted)
4. STRESS
5. DEPRESSION
6. LOSS AND GRIEF
7. INACTIVITY
8. LACK OF ORGANIZATION IN DAILY LIFE
9. SOME PHYSICAL ILLNESSES
10. SOME MEDICATIONS
11. VISION AND HEARING PROBLEMS
12. LCOHOL
13. POOR NUTRITION
14. FATIGUE



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