



TBH “LISTEN TO THIS” WORKSHEET

THE SCIENCE

As we get older, our ability to sustain our attention can diminish. In addition to age, lifestyle factors such as changes in hearing and trouble sleeping can also affect our ability to hold focus.

These age-related changes can put a serious cramp in our social lives. The good news is research shows we can maintain and even build our attention skills, no matter our age. For that reason, focus is a skill we should practice, just like playing the piano or chess. It not only supports memory, but also our ability to socialize and stay connected to each other.

NOW DO IT!

Pair up with someone and tell your partner a brief story about something that happened to you. It can be about something you did recently, like a movie you saw or a trip you took, or can be about something from your past, like a childhood memory or favorite adventure. You have about 3 minutes to tell your tale.

Then, the person who was the listener will share your story with the group, recapping it briefly in about 3 sentences. After that, switch roles.

TBH TAKEAWAY

Sustained attention matters to socialization and memory, even when it’s just a short conversation. Challenging your attention skills will not only improve your social life but is important to healthy aging as well.

Join our next Total Brain Health class and learn more about the many ways we can build better brain fitness, together!