

Reminisce PUZZLES

Tips For A Pleasant Puzzle Experience

Puzzles are popular with a variety of age groups. It's easy to see why — puzzles are not only good for young, developing brains, but they can benefit people of all ages. According to research published in neuroscience journals, jigsaw puzzles have been found to improve cognitive abilities. They are also a fantastic way to stay connected with family and friends. Puzzles can offer a sense of accomplishment and an excellent way to manage stress. Here are our top tips to help bring joy to you and your loved ones.

Create An Environment

Before starting, make sure you are in a clear, quiet and familiar space with no distractions such as television or noise.

Introduce The Idea

Suggest the activity in an open way that makes the person feel confident and supported enough to try it. For example, say "Should we try this jigsaw puzzle?" or "Could you help me with this?" You can add a thoughtful touch by choosing a jigsaw puzzle that will best appeal to your loved one's taste and interests. Perhaps there's an art style that they like. If your loved one has traveled in the past, you can try to find a puzzle that's reminiscent of a place that holds fond memories. You can even find an image of their favorite animal or of a familiar popular culture reference.

Give Reassurance

Inspire confidence and alleviate any worry about getting the activity wrong by saying "It's just for fun" or "Let's see how much we can get done."

Be Very Patient

Allow plenty of time and try to resist the temptation of jumping in and placing the pieces yourself. The tangible components of jigsaw puzzles can act as cues that help your loved one stay grounded and remember what they're working on.

Keep Trying

Don't worry if it doesn't work the first time. Every day is different so try again another time or with a different approach.