



When we want to memorise something, emotions can help to strengthen a particular memory if the emotion is related to the information being memorised.

The association between emotions and memory can take place when the amygdala, one of the main emotion areas in the brain, works together with the hippocampus, one of the key brain regions involved in memory. Thus the sharing of information between these two brain regions is what forms the basis of strengthening a memory.

The amygdala also exchanges emotional information with the prefrontal cortex, a brain area that has multiple functions such as working memory, attention, and helping to store memory. The prefrontal cortex can help attend to and interpret (emotional) information, and thereby also enhance the memory.

Positive and negative emotions help retain memories and information.



