TOOLS & BRAIN EXERCISES FOR COPING WITH CHEMOBRAIN

Cancer survivors often experience cognitive changes or “chemobrain,” due to their cancer, cancer treatment, or a co-existing condition. Common signs of cancer-related cognitive change include:

- Difficulty remembering names, phone numbers, and addresses
- Trouble concentrating
- Forgetfulness and lapses in short-term memory
- Difficulty multitasking
- Inability to find the right words

What can I do?

**Practice mindfulness.** Yoga, prayer, and meditation can lead to better memory retention.

**Ask for help.** Loved ones can help you stay on top of daily tasks. Your doctor can write a letter requesting school or work accommodations.

**Make lists.** Use your phone or a notepad to jot down the things you need to do. Cross items off as you finish them.

**Use a planner.** Stay on top of day-to-day tasks and special events with a personal planner.

**Sleep.** A good night’s rest is critical for learning and memory.

**Change your environment.** Being in nature may help memory performance.

**Adopt a healthy lifestyle.** Eating healthy and exercising regularly can help you feel more alert and restore your body to an optimal energy level. Look for traditional foods that your ancestors ate and engage in traditional activities like lacrosse and canoeing.

**Stay socially connected.** Socially engaging with your loved ones and relatives, including your elders, may have cognitive benefits.

**Keep your mind active.** Learn your native language, a traditional activity, or a recipe.

Additional Resources

- **Braingle** offers free puzzles, trivia, and brain games, including multi-person games that you can play with other users
- **Brain HQ** offers clinically proven brain training exercises
- **Fit Brains Trainer** is a smartphone application with personalized brain games
- **Lumosity** offers free brain games and tracks your improvement
Exercise Your Brain

**Meditation:** Achieve better concentration with a meditation exercise.

- **Step 1:** Sit in a quiet area
- **Step 2:** Breathe in and out 100 times, counting each time
- **Step 3:** If your mind wanders, reel your attention back to your breathing

**Stroop Effect:** Practice eliminating distractions with the stroop test.

**Test A:** Read the words out loud

- yellow
- blue
- green
- blue
- yellow
- red
- blue
- red
- green
- red
- yellow
- yellow
- blue
- yellow
- green
- blue
- green
- red
- blue
- red

**Test B:** Say the color of the words out loud

- green
- blue
- yellow
- blue
- blue
- red
- yellow
- red
- yellow
- green
- red
- yellow
- green
- blue
- yellow
- green
- red
- blue
- red

**Spot the Difference:** Sharpen your attentiveness by spotting the 10 differences between the two pictures below.