

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	yellow	green
blue	green	green	red
blue	red	blue	yellow

Test B: Say the color of the words out loud

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

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

