

Tips to handle chemo brain effectively

- Use a detailed daily planner, reminder notes, or your smart phone to plan your day
- Keep a consistent diary of when you notice brain fog and what is going on at the time
- Structure your hardest tasks when you feel the least tired
- Do brain exercises daily
- Maintain a regular sleep schedule
- Set a daily manageable physical exercise regime. Even a 30 min walk helps
- Follow a predominantly plant based diet
- Set up and maintain routines
- Do not multitask
- Pick a fixed familiar place to store commonly lost objects
- Avoid alcohol and other stimulants as much as possible