

Coping With “Chemobrain”

You can learn to live with “chemobrain”. Your brain needs good nutrition, adequate physical activity, limitation of stress, and restful sleep in order to have its best chance at functioning normally. If you still seem to be in a “fog”, you can practice compensatory (coping) strategies to assist you with memory:

- Schedule the majority of your work during the time your brain functions best
- Take a deep breath and pace yourself
- Keep a journal
- Take notes on sticky notes
- Use a planner to keep up with important events and meetings
- Use your smartphone to set reminders, keep up with emails, house your planner, take notes, and record when necessary
- Organize your things so that everything has its place
- Learn to chunk information to help you better remember groups of information
- Practice training your memory by recalling word lists or number sequences at intervals of 30 seconds, 1 minute, 2 minutes, 4 minutes, 8 minutes and 16 minutes (Space Retrieval Method)
- Talk with employer about your rights to be accommodated at work



Using tools like journals, smartphones, planners, and memory techniques can help you overcome symptoms of “chemobrain”. **Importantly, tell your healthcare provider about your symptoms.**