



BRAIN FOG

STRATEGIES FOR A CLEARER MIND & BETTER QUALITY OF LIFE

CANCER-RELATED COGNITIVE CHANGE IS REAL.

The brain's ability to manage stress can impact memory and processing.

PRACTICAL STRATEGIES



USE EXTERNAL SUPPORTS

Planners, calendars, reminder systems, and habit apps can reduce mental load.

BREAK TASKS INTO SMALLER STEPS.

Simplify physical and mental tasks to prevent overwhelm.



LIMIT MULTITASKING

Focus on one task at a time to improve efficiency and recall. Your brain likes to focus on one thing at a time.

CREATE CONSISTENT ROUTINES

Predictable patterns conserve mental energy.



SUPPORT YOUR CIRCADIAN RHYTHM

Get morning sunlight and engage in light movement before your morning caffeine. In the evening, dim lights and reduce stimulation, especially blue light exposure, to signal to your brain it's time to wind down.

PLAN AROUND YOUR ENERGY

Schedule important tasks during high-energy times and consider medication timing.



USE VISUAL AND AUDIO CUES

Take photos and record voice memos instead of relying on memory.

USE SELF-TALK

Say steps out loud to strengthen focus and follow-through.



KEEP LEARNING

New skills and experiences build neural pathways.



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LIFESTYLE CONSIDERATIONS

PRIORITIZE SLEEP

Aim for consistent sleep and wake times. Restorative sleep is essential for memory consolidation, mental clarity, and overall brain function.

PRACTICE MINDFULNESS & GRATITUDE

Brief daily mindfulness practices can reduce mental clutter and stress. Gratitude practices help shift attention toward positive experiences and improve emotional resilience.

MOVE REGULARLY

Include both aerobic activity (like walking, swimming, cycling) and strength training. Movement increases blood flow to the brain and supports cognitive performance.

FUEL & HYDRATE

Eat balanced meals with adequate protein, healthy fats, and fiber. Stay well hydrated — even mild dehydration can affect concentration and energy.

CHALLENGE YOUR BRAIN

Read, do puzzles, learn a skill, try a new hobby, or take a class. Mental challenge helps maintain and strengthen neural connections.

STAY SOCIALLY ENGAGED

Meaningful conversation and social engagement stimulate multiple areas of the brain and support emotional well-being.

PRACTICE INTENTIONAL BREATHING

Slow, deep breathing can calm the nervous system, reduce stress hormones, and improve focus in the moment.

**CANCER
PROGRAM**


MEADOWLARK

Talk with your provider(s) if you experience cognitive changes at any point during or post treatment.