

Tips for Managing Your Thinking Changes from Cancer Treatments

Create Routines and Habits

Routines and habits can make your life easier by lowering the amount of energy it takes to remember everything.

You can create your own routine by:

- picking a certain place for commonly used items. This may include items such as keys, wallet, glasses or daily planner.
- keeping the same daily and weekly schedule. This may include going to bed and getting up at the same time each day or having a list of chores to complete on a certain day of each week.

Use Checklists

Checklists help your brain create routines and habits by having you complete tasks in the same way every time.

Some helpful checklists include:

- your medicines and the time you take each one. Check off each medicine after you take it.
- the items you need to leave the house. Review your checklist before you go out the door.

Make Lists

Writing lists makes remembering easier for your brain. Some helpful lists include:

- grocery lists
- to-do lists
- lists for special events such as birthday parties or vacations.

Use a Calendar

Keeping your appointments and schedule in one place is a way to stay organized and lower your stress.

Try these tips when using your calendar.

- Write down your appointments as soon as you make them.
- Write down due dates or other important dates you need to remember. This may include due dates for bills or medicine refill dates.

Use an Alarm

Use an alarm on your watch or phone to remember your appointments and to take your medicines.

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Take Breaks

- Schedule rest breaks throughout your day.
- Do activities that take the most energy when you are at your best.
- Do activities in a quiet environment.

Try These Speaking Tips

- Think of the first letter of the word.
- Describe what the object looks like or how you use it.
- Use another word that has a similar meaning, such as large or big.
- Point to the item as you are speaking.
- Say another word that is usually used with the word you are trying to remember. For example, for coffee you could say cream and sugar.

Talk with your health care provider if you still have a hard time with your thinking.