

## 20 RECOMMENDATIONS FOR RECOVERING FROM CHEMO BRAIN

1. Make healing your first priority. Everything else is secondary.
2. Find a way to take an extended break from:
  - stressful relationships
  - expectations
  - stressful situations
  - noisy, stimulating environments
3. Make sleeping a high priority.
4. Avoid overstimulation.
5. Find or create an emotional support system.
6. Find safe havens for releasing the inevitable emotions.
7. Do not rely on memory; write everything down.
8. Set both large and small goals; look forward to the big goals; get to work on the small steps.
9. Get organized and label everything.
10. Practice saying: I have a brain injury, (Please speak slower; is there a quiet place we can talk?; I need to lie down, now; etc.).
11. Drink lots of water, and eat brain-healthy food.
12. Get physical exercise. At least walking.
13. Learn about free radicals and brain-supporting supplements.
14. Exercise your brain, but not to the extent of overstimulation.
15. Rethink old ways; dare to try new approaches, and allow the tears and fears that will undoubtedly arise.
16. Keep looking until you find medical practitioners who listen and understand chemo brain.
17. Consider learning about thyroid issues, homeopathy, healing trauma, and Vitamin D.
18. Remember: losing the brain you were used to is a big loss. Be easy on yourself!
19. Look for the positive, for something to appreciate, for the opportunity to laugh, and love.
20. Remember: you are much more than your brain injury. Your life is significant and you make a difference to the world.

From: **BEYOND CHEMO BRAIN: Recovering after Surviving**, by Carol Devenir, with Gail L. Denton, PhD; Altitude Press, 2010. [www.BeyondChemoBrain.com](http://www.BeyondChemoBrain.com)