

Tips for Managing Difficulty Concentrating



Things you can do on your own

- Turn off your phone, TV, radio, or other distracting background noises.
- Keep a calendar, and write important things down.
- Establish a routine, and try to do the same things at the same times every day.
- Ask someone to stay with you, or help you remember things and do things.
- Try to get 8 hours of sleep each night.
- Eat a healthy diet.
- Try to move around at least 3 times a day, and slowly increase the amount of exercise you do each day. Walking is a good choice for many people.
- Try meditation or mental exercises such as puzzles or games.
- Be kind to yourself. Give yourself permission to do as much or as little as you can.
- Focus on a few activities or tasks that are most important to you.



With the help of your care team

Ask your care team about prescription medications to help.

- There are different medicines, depending on what is causing you to have difficulty concentrating. Talk to your care team to see if medication might help you.



When to call your care team for help

- If you are unable to speak or are slurring your words
- If you become confused and don't know where you are
- If you are showing signs of infection, such as a fever of 100.4°F (38°C) or higher



For more information and support, visit the American Cancer Society website at cancer.org/difficulty-concentrating or call us at **1-800-227-2345**. We're here when you need us.