# Cognitive Tools

## For Adults

Ways for Adults to Improve Overall Cognition & Return to Work After Cancer Treatment

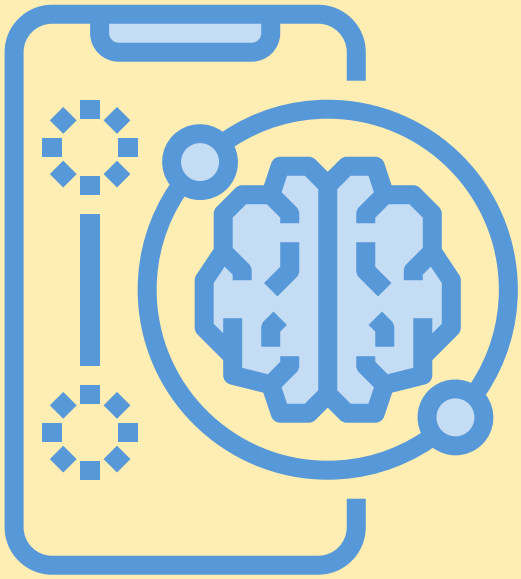
# Memory Boost

### Sticky Notes & Visual Reminders

Place sticky notes at home or work to remember important things. Digital sticky-note apps can also be helpful.


### Use Planners & Reminders

Write down important dates and tasks in a planner or set phone alarms to stay on track.



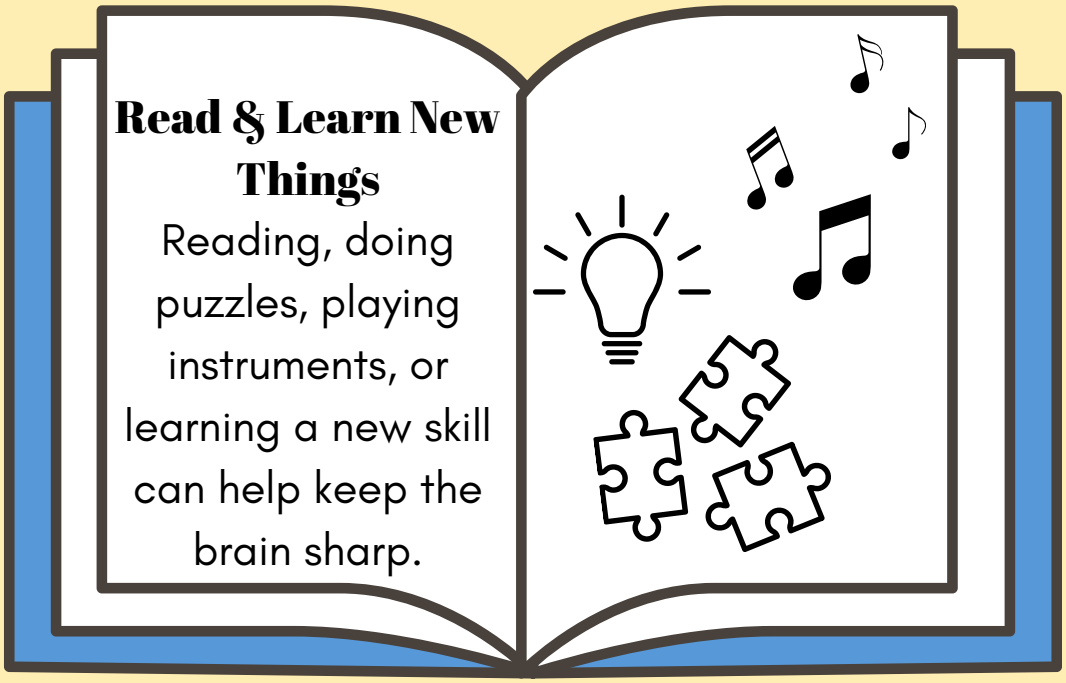
### Brain-Training Apps

Try apps like Lumosity, Peak, or CogniFit for fun games that help with memory and problem-solving.

### Organizing Ideas

Charts, drawings, or story maps can help organize thoughts and remember things better.

# Keep Your Brain Active



### Read & Learn New Things

Reading, doing puzzles, playing instruments, or learning a new skill can help keep the brain sharp.

### Try Meditation

Apps like Headspace or Calm offer guided meditations that can improve focus and lower stress.

### Stay Social

Join clubs, volunteer, or spend time with others to keep the brain engaged and flexible.

# Break It Down


### Cognitive Rehabilitation Therapy (CRT)

CRT can assist in increasing cognitive functions and prepare you with compensatory strategies to overcome cognitive challenges.

### One Step at a Time

Large tasks can feel overwhelming, so break them into smaller steps to make them easier to handle.

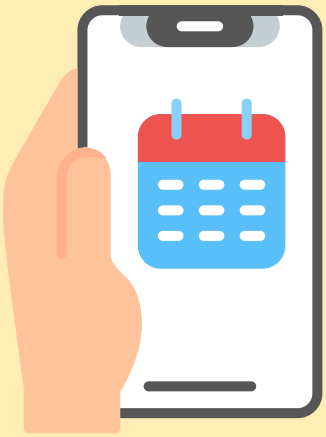
### Professional Brain Training

Occupational therapists can help people strengthen their memory, attention, and problem-solving skills. If available, look into programs that focus on these areas.

# Managing Daily Life & Work Tasks

### Save Energy

Plan brain-heavy tasks during times of the day when you feel most awake. Take breaks to recharge.



### Use Time Wisely

Digital calendars, alarms, and planners can help manage time. Start with harder tasks when the brain is most focused.

### Organize Your Space

Keep your home and workspace tidy. Label items and use digital tools to organize paperwork.

# Returning to Work Slowly

**Start Small**
If possible, begin with part-time hours or lighter tasks before jumping into a full workload.

**Increase Workload Gradually**
Begin with simple projects, then move on to harder ones as thinking stamina improves.

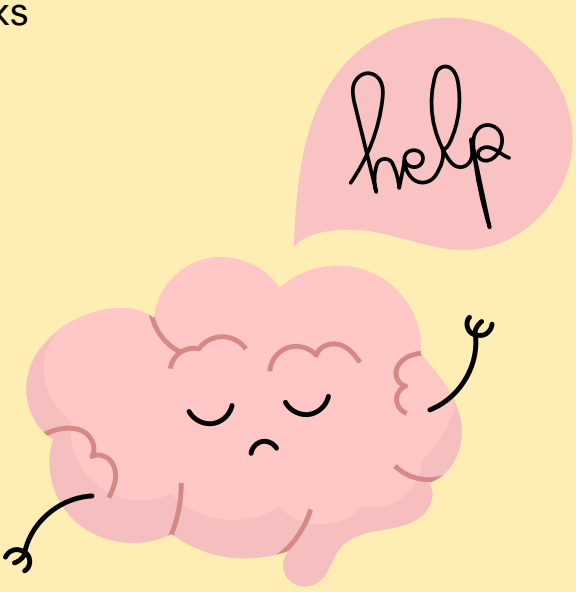
# Workplace Support

### Get a Mentor or Job Coach

A mentor or coach can offer support, time-management tips, and work strategies.

### Ask for Adjustments

Employers may allow flexible hours, fewer distractions, or more breaks to help with focus.




### Be Open About Needs

If comfortable, talk with employers about challenges and request things like extra time for tasks or assistive tools.

# Technology Help

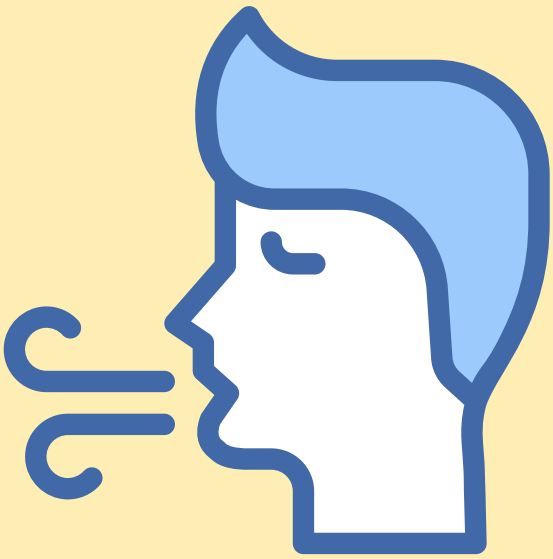
**Stay Organized**

Task management tools like can help keep track of work projects.

**Use Assistive Tech**

Speech-to-text software can help with writing. Screen readers can help with reading.

# Handling Stress & Staying Positive



### Manage Stress

Deep breathing, mindfulness, and relaxation techniques can prevent burnout and help with thinking skills.

### Celebrate Progress

Setting small, realistic goals and recognizing achievements can build confidence and resilience.