

Post-COVID Brain Fog? Cognitive Tips to Help



Plan out your week: Use a calendar/planner

- To plan clinic time, study time, free time, etc.
- Plan more time than what you think you might need

Plan out each day

- Use a daily agenda/notebook
- Anticipate challenges that will arise
- Plan more time than what you think you might need

Get in a routine

- Get at least 8 hours of sleep
- Go to bed same time every night, wake up at the same time every morning

Plan activities outside of clinic/school

- Do something that is relaxing
- Do something that requires less thinking

Get active!

- Go for a run
- Lift weights
- Play sports
- Read how exercise holds immediate benefits for affect and cognition in younger and older adults: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3768113/>

Meditate

Listen to your body

- Take naps if you can
- Drink lots of water

Focus on one thing at a time

- It's easy to get overwhelmed
- Take it one class, one rotation, one patient at a time



Total Rehab Care

Robinwood Professional Center
11110 Medical Campus Rd., Ste. 201
Hagerstown, MD 21742
301-714-4025

MERITUSHEALTH.COM/REHAB