



Ovarian Cancer and Brain Fog

by NEWLIFEOUTLOOK TEAM

Brain tricks to keep focused and keep spirits up

Cancer has many side effects, some of them physical, others psychological and emotional. There's the pure exhaustion that comes with chemotherapy and radiation and the army of medication meant to mitigate the side effects, and there's the general sadness of the whole situation. All of this brings to bear a great deal of stress upon the brain, and this can make things seem a lot worse than they might otherwise feel. The following infographic outlines several simple techniques that can help with the multitude of sometimes ordinary and mundane frustrations that, added up, can become a significant weight in itself.

