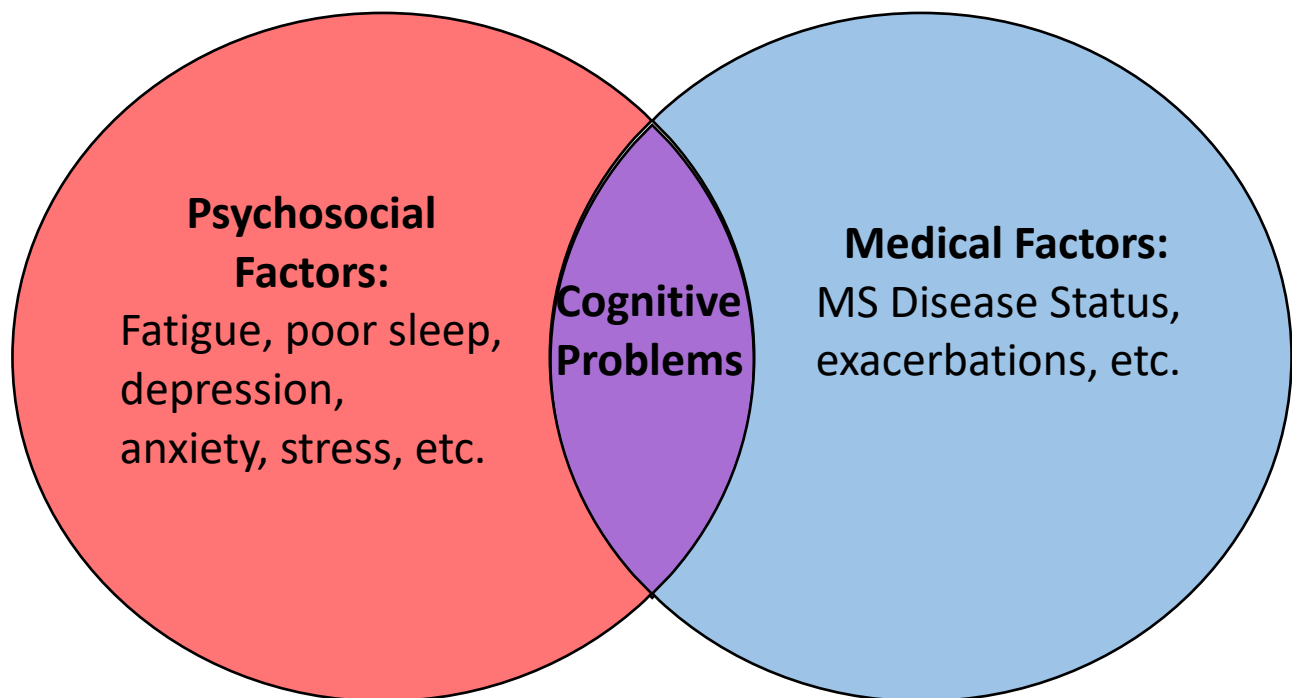


Cognition and MS

Common Complaints:

- Thinking more slowly; feeling like you are in a fog
- Trouble learning new information
- Harder to multitask
- Difficulty remembering recent information or events



What Can I Do?

- Work in a quiet place, free of distractions (e.g. noises, kids, etc.)
- Take frequent “brain breaks” to avoid overtaxing yourself
- Engage in “active listening.”
 - If you catch your mind wandering, ask the person to repeat themselves.
 - Summarize important conversations and check for understanding.
- Practice Mindfulness
 - Learn more here: <https://mindful.org/meditation/mindfulness-getting-started>
- Practice good sleep hygiene
 - Learn more here: sleep.org
- Take care of your mental health!
 - Learn more here: <https://www.mentalhealth.gov/get-help>