

Beryla Gann 2 AUDIO

Tue, 4/28 2:23PM 1:31

SUMMARY KEYWORDS

brain fog, lyme, hack, meanly, helps, write, talk, fun, meh, phone, bouts, dealing, sentences, remember, therapy, words, app, note, sticky

SPEAKERS

Beryla Gann

B Beryla Gann 00:00

Hello, Lyme warriors. Today I'm going to talk about a life hack for dealing with brain fog. And that is to get an app on your phone and write stuff down. I have a like the sticky note kind of thing app on my phone. And I keep lists on there- things I want to remember things I want to talk about in therapy. I know that when I get bouts of brain fog, that my memory gets a little meh. So anytime I think to myself, I'll remember it. Write it down anyway. Taking notes, keeping track of things writing a diary, all of that helps you track stuff. And then if you're questioning something, go back and look at what you wrote it'll help. For dealing with trouble finding words, stumbling over sentences, stuff like that. The only hack I can come up with is just be patient with yourself maybe make a game out of it maybe make fun of yourself for it nicely, not meanly. Those have helped me just kind of laugh it off and be like 'Oh Lyme brain is at it again.' It makes it seem less life- world ending- 'I can do words, see, I'm having fun with it now.' Okay, so that's what I got. Good luck.