



Delayed Processing

Delayed processing is when your brain takes a little longer to make sense of things you see or hear. You might find it hard to follow conversations or you may take longer to react to the people and things around you. When people give you directions with a lot of steps, you might only remember one or two. You may find yourself feeling sad, mad, or anxious. These tips can help:

1. When you have trouble remembering things with a lot of steps. Write the steps down and go over them a few times in your head.
2. You may be distracted more easily by other people, music, or the television. Make a quiet place for yourself to study and do homework in away from distractions. For example, you can use noise-canceling earphones or earplugs to reduce noise.
3. When you feel frustrated, take a break and use this mindfulness exercise. Breathe in through your nose, holding your breath for six seconds, then breathe out through your mouth.
4. Slower processing may make it harder to stay on task. Write down, or plan, daily activities like class schedules, meetings, or sports games and practices so that you know what you have to complete each day.
5. Moving and participating in physical activities (e.g. playing sports with friends, walking your dog, etc.) activates the part of your brain where processing happens. Make time for physical activity every day.
6. Sleep is essential for cognitive processing. Review the attached sleep checklist to help promote better sleep.