



Delayed Processing

Delayed processing is your brain's decreased ability to quickly make sense of information like words and information you get from sights and sounds. Delayed processing can cause you to have trouble following conversations, take too long to respond, or remember only one or two steps when following directions. To others, you may appear spacey, mentally foggy or sluggish. If any of these sound like you, using and practicing the following tips can be helpful:

1. Delayed processing makes you more vulnerable to distractions. Distractions can be related to either visual or noise. Ask for meetings to be held in places away from distractions.
2. You may sometimes notice that it takes you extra time to figure out what someone is trying to tell you. Where possible, ask for extra time in groups or classes.
3. To help you follow directions with a lot of steps, ask the person speaking to pause so you can write down each step. This will relieve you from having to multitask during the meeting.
4. Physical activity increases activity in the areas of your brain where processing happens. Make sure to make exercise part of your day and, if possible, walk during meetings.
5. Poor sleep can cause make slow processing worse. You can review the attached sleep checklist to see how you're sleeping and help support better sleep habits.

Compiled by S. Nye, N. Ost & C. Azama March 11, 2019