



Cognitive Learning & Enhancement Approach for Recovery  
Collaborative Research Group

# Thinking skills for recovery

Information

## Thinking skills and mental illness



Thinking skills are:

- paying attention
- memory
- planning
- problem solving
- how we think around other people



Schizophrenia affects thinking skills. Scientists are working on medicines to help.



Medications for schizophrenia can affect thinking skills. Your doctor can help you choose the best one.



Everyone has different thinking skills and strengths. We can improve our thinking skills.

## Healthy habits for better thinking



Eat lots of vegetables, fruits, protein, and grains.



Get 7 to 9 hours of sleep every night.



Always take medication as advised. Too much, too little, can harm your thinking skills.



Get some exercise.

## Keeping your mind active



Puzzles and board games keep your mind active.



Being social keeps your mind active.  
Like going to family events.



Going to places keeps your mind active. Like the library or the park.



Cut back on alcohol or drugs.

## Ways to help your thinking



Know your learning strengths.



Have a routine and a place for everything.



Use your phone alarms or a calendar to plan and remember.

Try this:

- Stop
- Think (What do I need to do today?  
What thinking skills do I need to use?)
- Do it
- Check how it went



## Therapy to help your thinking



There is a therapy that helps thinking skills. It is Cognitive Remediation Therapy.



You do memory exercises. Train your attention. Practice planning. You work with a trained therapist to do the therapy.



Scientists have proven it works.



Ask your doctor if you would like to know more.