

# Brain fog



Brain fog is not a medical term but is used to describe a number of symptoms including:

- poor concentration
- feeling confused
- thinking more slowly than usual
- fuzzy thoughts
- forgetfulness
- lost words
- mental fatigue



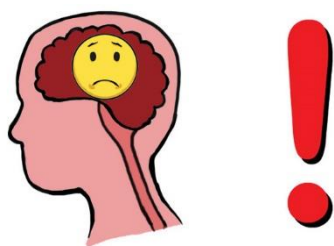
Brain fog can feel like the effects of sleep deprivation or stress. It is not the same as dementia and does not mean structural damage to the brain.



People usually get better from brain fog. You may get the same sort of symptoms after other infections, a minor head injury or during the menopause. Brain fog is also common if you have depression, anxiety or stress.



While recovering from coronavirus (COVID-19), some people experience brain fog. Symptoms may vary and change over time. It is not just people who were hospitalised with coronavirus who can get brain fog. It is a common part of long COVID.



Anxiety, low mood and fatigue all play a role in affecting how your brain functions.

# How to help brain fog

There are some things you can do to help manage your symptoms.

Do:



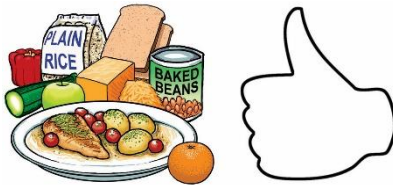
- drink plenty of water



- get enough sleep



- take regular exercise, ideally outside



- eat a healthy, balanced diet

- keep to a healthy weight

- try meditation



- take regular breaks

- do things you enjoy – for example socialising with friends and family



- stick within low-risk alcohol drinking guidelines



- stop smoking if you smoke

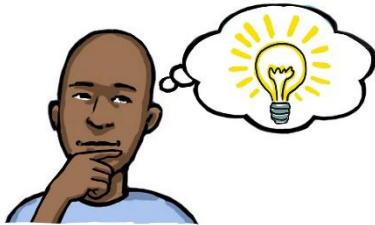


You can speak to your employer about what changes can be made to help you at work.

If you're having memory problems, it can help to:



- plan and pace your day
- have a daily routine that works well for you
- use reminder apps or post-it notes if needed to write important information down



- remove distractions if you can
- keep using your memory – try to not rely on lists for all tasks



Saving your energy can also help with brain fog.

## Speak to you GP practice if:



- your brain fog is not improving
- brain fog is affecting your day to day life
- you're worried about your symptoms