

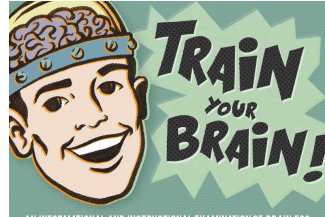


Anxiety and Brain Fog

by NEWLIFEOUTLOOK TEAM

How To Keep Calm And Cut Through The Fog

Anxiety can bring with it a host of other mental difficulties. Confusion, difficulty organizing your thoughts and general cognitive impairment are all intense afflictions that only further aggravate an already debilitating condition. But training the brain to cut through the fog can improve the overall situation. This infographic helps explain.



AN INFORMATIONAL AND INSTRUCTIONAL EXAMINATION OF BRAIN FOG

Brain fog is a symptom of...

ADHD ALZHEIMER'S ANXIETY ARTERIAL HYPERTENSION

CANCER DEPRESSION DIABETES FIBROMYALGIA

LUPUS MENOPAUSE MULTIPLE SCLEROSIS

Brain fog is also known as...

FIBRO FOG LUPUS FOG MENTAL FOG

COGNITIVE IMPAIRMENT

COGNITIVE DYSFUNCTION

COGNITIVE DIFFICULTIES



KNOW THE DIFFERENCE BETWEEN BRAIN FOG FACT VS. FICTION™

IT IS:

TRouble FOCUSing
SHORT ATTENTION
MEMORY LOSS
DIFFICULTY ORGANIZING THOUGHTS
CONFUSION
MAKING UNUSUAL JUDGEMENTS

IT'S NOT:

LACK OF INTELLIGENCE
DYSINTEST
A LISTENING PROBLEM
A PERSONALITY TYPE
INTENTIONAL
SPACING OUT

IT'S A FACT:
YOUR FOG IS LINKED TO HOW WELL YOUR PHYSICAL PARTS AND PIECES ARE WORKING.

Tips to help your memory...

- PLACE CHECKLISTS/REMINERS IN PLACES WHERE YOU LOOK EVERY DAY
- DO ONE THING AT A TIME
- ALWAYS MAKE CONNECTION WITH THINGS YOU CAN USE TO MAKE NOTES
- USE A CALENDAR FOR DATES AND TIMES
- KEEP A CALENDAR WHERE IT CAN BE SEEN
- ADD COLOR: USE COLORFUL POST-IT NOTES AND LABELS TO GET YOUR ATTENTION
- WHEN YOU LEARN SOMETHING NEW, LIKE SOMEONE'S NAME, PICTURE AN IMAGE ALONG WITH IT™



KEEP YOUR MIND SHARP AND SPRY WITH HOBBIES OR ACTIVITIES YOU ENJOY



Prevention & Improvement

REGULAR PHYSICAL EXERCISE AND ACTIVITY SUCH AS THE FOLLOWING ARE GREAT OPTIONS**

WALKING
SWIMMING
YOGA
TAI CHI
DANCEING



AND HERE ARE SOME ADDITIONAL HEALTH TIPS:
EAT A DIET LOW IN FAT AND RICH IN FRUITS AND VEGETABLES
EAT OMEGA-3 FATTY ACIDS IN FISH, NUTS, OR SUPPLEMENTS
HAVE A HEALTHY SOCIAL LIFE.

= GREAT!

Resources...

ADDITIONAL
<http://www.adaaonline.com/>
American Society of Clinical Oncology
<http://www.asco.org/>
Centers for Disease Control and Prevention
<http://www.cdc.gov/>
Family Caregiver Alliance
<http://www.caregiver.org/>
Lupus Foundation of America
<http://www.lupus.org/>
Mayo Clinic
<http://www.mayoclinic.org/>
ScienceDaily
<http://www.sciencedaily.com/>



Mayo Clinic
<http://www.mayoclinic.org/diseases-conditions/mild-cognitive-impairment/basics/faq-factbook-20120920>

ScienceDaily
http://www.sciencedaily.com/releases/2011/01/11010902021.htm?story_id=10902021, <http://www.sciencedaily.com/releases/2011/05/11050902021.htm>

Family Caregiver Alliance <http://www.caregiver.org/newsroom/press-releases/press-release-2012-01-12>

American Society of Clinical Oncology
<http://www.asco.org/ascotoday/press-releases/2012/04/20120418-02>

Centers for Disease Control and Prevention
http://www.cdc.gov/govimp/infographic_infopartners/03-10-12_infopartners.pdf

Lupus Foundation of America <http://www.lupus.org/websitenew/health-adv-03-12>

Mayo Clinic
<http://www.mayoclinic.org/diseases-conditions/mild-cognitive-impairment/basics/faq-factbook-home-revision-cm-201202-2012>

American Society of Clinical Oncology
<http://www.asco.org/ascotoday/press-releases/2012/04/20120418-02>