

## 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.

