



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
ATRIAL FIBRILLATION

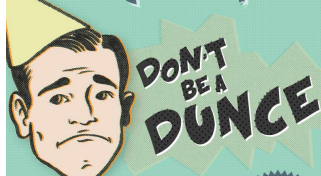
CANCER
DEPRESSION
DIABETES
HYDROCEPHALUS

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:

TRIOBLE FOCUSING
SHORT ATTENTION
MEMORY LOSS
DIFFICULTY ORGANIZING THOUGHTS
CONFUSION
MAKING UNUSUAL JUDGMENTS

IT'S NOT:

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

IT'S A
FACT:
BRAIN FOG IS LINKED
TO MANY PHYSICAL AND
PSYCHOLOGICAL
PROBLEMS.

Tips to help your memory...

- PLACE CHECKLISTS/REMINDERS IN PLACES WHERE YOU LOOK EVERY DAY
- DO ONE THING AT A TIME
- ALWAYS HAVE SOMETHING WITH YOU THAT 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, LINK SOMEONE'S NAME, PICTURE OR IMAGE ALONG WITH IT **



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



Prevention & Improvement™

BUILD AN PHYSICAL, EMOTIONAL, AND ACTIVITY
SUCH AS THE FOLLOWING ARE GREAT OPTIONS: **

WALKING
SWIMMING
YOGA
TAI CHI
GARDENING



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...

ADHDInfo
<http://www.adhdinfo.org/>
American Society of Clinical Oncology
<http://www.asco.org/>
Centers for Disease Control and Prevention
<http://www.cdc.gov/>
Family Cancer Alliance
<http://www.familycancer.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/basics/conditions/cognitive-impaired/basics/what-is-cognitive-impaired?from=results>

ScienceDaily
<http://www.sciencedaily.com/releases/2013/01/20130109090202.htm?from=results>
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Family Cancer Alliance
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Lupus Foundation of America
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Mayo Clinic
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THIS INFOGRAPHIC
PRESENTED BY THE
UPSTANDING PEOPLE AT
newlifeoutlook

