



Brain Fog after COVID-19

What is Brain Fog?

'Brain fog' is a common term that describes the experience of thoughts feeling fuzzy, cloudy or sluggish. It is normal to notice symptoms of brain fog after a poor night's sleep or during periods of stress. However, some people have reported experiencing symptoms during the COVID-19 pandemic that have lasted weeks or months. Brain fog can be frustrating and may interfere with completing daily tasks or activities. As it can sometimes take a little while to pass, it is important to be patient and kind to yourself during this time. You may wish to consider talking to your GP if your symptoms persist.

Symptoms can include:

Symptoms of brain fog vary from person to person. You may experience one or several of the following:

- Confusion
- Memory problems
- Difficulties concentrating
- Slow thoughts
- Headaches
- Feeling "out of it"

Fatigue: Some people may feel that they are lacking the mental energy to pay attention to things. When this occurs, trying to concentrate and remember information can feel exhausting. This may be due to being fatigued, which can sometimes be the result of stress, burnout, or an underlying medical condition. Poor sleep can exacerbate these problems; therefore, it is important to maintain a good sleep routine. Please consider speaking to your GP if your symptoms persist.

How does COVID-19 lead to brain fog?

Contracting COVID-19 can in itself cause symptoms of brain fog. Additionally, there may be some psychological factors related to the pandemic which could be maintaining or exacerbating these symptoms.

Anxiety: The pandemic has been a difficult and challenging time. Some people may have experienced anxiety and fear around the uncertainty of COVID-19, and how it could affect them and their loved ones. Others may have had a frightening experience in contracting the virus. Anxiety, worry and self-critical thoughts can all affect concentration.

Low mood: During COVID-19, some people may have been lonely, felt worried about the future, or experienced loss in some way. Others may have been unable to do the usual things that they enjoy, such as seeing friends and family. Experiencing circumstances such as this can lead to low mood and can impact our ability to focus.

