



## Managing Brain Fog after COVID-19

'Brain fog' is a common term that describes the experience of thoughts feeling fuzzy, cloudy or sluggish. It is normal to notice signs 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. This may be due to contracting the virus, or there may be some psychological factors related to the pandemic which could be maintaining or exacerbating these symptoms. 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. This poster includes some suggestions on how to look after your wellbeing. You may wish to consider talking to your GP if your symptoms persist.

### Talk to others

Talking to friends and family might help us to feel less distressed and can assist them to understand how we are feeling. You can self-refer to Occupational Health to find out what support options are available to you. Your manager or HR can also refer you for advice on any adjustments to your work that may be beneficial.

### Be kind to yourself

Recovery may take a little while and you may not be able to do as much as you used to. This is typical of brain fog. Try to be patient and pace yourself where you can. Instead of being critical, try rewarding yourself for the things that you are still able to do. Prioritising time for self-care and doing your favourite activities can help you to unwind and can be a good way to lift your mood.

### Reduce distractions

When we are struggling to concentrate, reducing distractions can be beneficial. If there is an important task to complete, finding a time and place that is quiet and distraction-free can help us to focus.

### Healthy habits

**Sleep:** It is useful to get into a pattern of going to sleep and waking up at the same time each day. Try to reduce your alcohol and caffeine consumption at least 6 hours before bed, keep your room as dark as possible, and reduce the use of electronic devices before sleeping.

**Balanced diet:** It is important to have a balanced diet as this gives your body the nourishment it needs for recovery. The Eatwell Guide may give you some good ideas.

**Physical activity:** Physical activity can reduce feelings of anxiety and low mood. Being active can also help to clear our mind, and promotes our overall wellbeing.

### Routine

Sticking to a routine can help us to remember things. Doing the same tasks, at the same time each day can mean they become automatic, and so we are less likely to forget them. Scheduling in daily tasks and setting reminders can also be useful as prompts.

