

REDUCE BRAIN

FOG Checklist

	M	T	W	TH	F	SA	SU
Stay Hydrated! Drink 2-3 litres of water each day	<input type="checkbox"/>						
Move Your Body! Get some sort of exercise each day	<input type="checkbox"/>						
Get Some Fresh Air!	<input type="checkbox"/>						
Try To Keep Stress Levels Down! Check in with yourself, and take action to reduce stress	<input type="checkbox"/>						
Limit Screen Time! Put your phone down for some time and concentrate on the activity you are doing.	<input type="checkbox"/>						
Take Regular Breaks! Remove yourself from whatever task you are completing and take a break.	<input type="checkbox"/>						
Daily Planner! Write down what needs to be done today, and create your checklist.	<input type="checkbox"/>						
Mental Stimulation! Complete a puzzle, read, or learn a new skill.	<input type="checkbox"/>						
Daily Reflection! Is there anything on your mind to address?	<input type="checkbox"/>						

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Stay Hydrated!

- Dehydration can lead to cognitive difficulties. Getting into the habit of drinking 2-3 litres of water each day can help avoid dehydration and clear brain fog.

Get Some Fresh Air!

- Spend minimum five minutes outside each day and get some fresh air.

Try To Keep Stress Levels Down!

- High stress levels can impair cognitive function. Take a moment to check in with yourself daily. If there is anything that is causing stress for you, address this. You can practice Mindfulness practices to help this.

Take Regular Breaks!

- If you fail to take regular breaks, concentration can dip and remove clarity from a situation. Remove yourself from whatever task you are completing and take a break.

Mental Stimulation!

- Engaging in activities that challenge your brain can improve focus and clarity. Complete a puzzle, read, or learn a new skill.

Move Your Body!

- Physical activity increases blood flow to the brain, and helps clear a foggy mind. Incorporate something as simple as a 15 minute walk, or some stretching, or any exercise that you enjoy, and try to practice it daily.

Limit Screen Time!

- Excessive screen time can impact sleep time and contribute to brain fog. Try to replace some screen time with other activities such as reading.

Daily Planner!

- It can be overwhelming if you have tasks to do but no order or note of them, which can lead to brain fog and lack of clarity. Write down what needs to be done daily, and create your checklist. If you do not complete your checklist, don't worry - move it to tomorrow!

Daily Reflection!

- It is important to check in with yourself daily to check if your brain fog has worsened or not. Also check if you are feeling triggered and anything on your mind to address?