Brain Fog and Menopause

by NEWLIFEOUTLOOK TEAM

Tips to Keep Sharp

Your body goes through an incredible and transformative change as you transition into menopause, and this evolution can cause significant stress on the brain. What results is fatigue and difficulty organizing thoughts ,which only exacerbates an already frustrating and sometimes painful experience. This infographic outlines some techniques that may help with at least some of the cognitive difficulties of menopause.


TRAIN YOUR BRAIN!
AN INFORMATIONAL AND INSTRUCTIONAL EXAMINATION OF BRAIN FOG
Brain fog is a symptom of...
ADHD
ALZHEIMER'S
ANXIETY
ATRIAL FIBRILLATION
CANCER
DEPRESSION
DIABETES
FIBROMYALGIA
LUPUS
MENOPAUSE
MULTIPLE SCLEROSIS
Brain fog is also known as...
FIBRO FOG
LUPUS FOG
MENTAL FOG
COGNITIVE IMPAIRMENT
COGNITIVE DYSFUNCTION
COGNITIVE DIFFICULTIES
16
MILLION PEOPLE ARE ESTIMATED TO BE LIVING WITH BRAIN FOG IN THE UNITED STATES
THAT'S 2X THE POPULATION OF NYC
WOW!
DON'T BE A DUNCE
KNOW THE DIFFERENCE BETWEEN BRAIN FOG FACT VS. FICTION
IT IS:
TROUBLE FOCUSING
SHORT ATTENTION
MEMORY LOSS
DIFFICULTY ORGANIZING THOUGHTS
CONFUSION
MAKING UNUSUAL JUDGEMENTS
IT'S NOT:
LACK OF INTELLIGENCE
DISINTEREST
A LISTENING PROBLEM
A PERSONALITY TYPE
INTENTIONAL
SPACING OUT
IT'S A FACT:
BRAIN FOG IS NOT LIMITED TO AN AGING POPULATION IT AFFECTS ALL AGE GROUPS
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 LIKE SOMEONE'S NAME, PICTURE AN IMAGE ALONG WITH IT
EXERCISE YOUR MIND
KEEP YOUR MIND SHARP AND SPRY WITH HOBBIES OR ACTIVITIES YOU ENJOY
Prevention & Improvement
REGULAR PHYSICAL EXERCISE 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...
ADDItude
http://www.additudemag.com/
American Society of Clinical Oncology
http://www.cancer.net/
Centers for Disease Control and Prevention
http://www.cdc.gov/
Family Caregiver Alliance
https://caregiver.org/
Lupus Foundation of America
http://www.lupus.org/
Mayo Clinic
http://www.mayoclinic.org/
ScienceDaily
http://www.sciencedaily.com/
THIS INFOGRAPHIC PRESENTED BY THE UPSTANDING PEOPLE AT
newlifeoutlook