

"PANDEMIC BRAIN" in regards to your mental health

TIPS ON HOW TO CLEAR BRAIN FOG

First and foremost, if you are experiencing brain fog or other lingering effects after your COVID-19 diagnosis, please seek medical attention.

The important steps to help clear brain fog are to balance rest, exercise, and actions to nourish your brain!

- Make sure you are getting enough *SLEEP*
- Attain a *HEALTHY DIET & EXERCISE*
- Engage in *COGNITIVE ACTIVITIES* such as reading, listening to music, practicing mindfulness
- Avoid *ALCOHOL & DRUGS*



WHAT IS COVID-19 BRAIN FOG?
Many individuals are feeling like their brain is sluggish and not sharp after having the COVID-19 virus.



OTHER PANDEMIC EFFECTS ON OUR BRAINS

Our brains were not built for this much uncertainty. Give yourself grace to understand this. Even if you have not had the COVID-19 virus yourself, you are more than likely experiencing the effects of this ongoing pandemic.

Isolation can effect memory and thinking skills & can put life into jeopardy by elevating risk for stroke, heart attack, inflammation, depression, anxiety, & loneliness.

Aside from isolation, you may be feeling more anxious, stressed, or depressed these past couple of years. Some may be in a constant state of "freeze, fight, or flight." How to be resilient:

- Reflect on your routine; are there activities you can eliminate, defer, or redesign to limit your stress?
- Start a gratitude practice to help yourself with a positive mindset
- Seek support from loved ones, coworkers, & professionals

RESOURCES



COVID-19 and Brain Health: Enhancing the Resilience to Stress Ratio



Our Brains Were Not Built for This Much Uncertainty by Heidi Grant & Tal Goldhamer



How isolation affects memory and thinking skills