



Menopause Symptom:

Brain Fog

Brain fog refers to feelings of forgetfulness, difficulty concentrating, or a lack of mental clarity. These cognitive changes can occur during menopause due to hormonal shifts, making daily tasks more challenging.

Helpful Tips for Managing This Symptom

Stay Active: Physical exercise can support cognitive function.

Mental Exercises: Engage in puzzles, reading, or learning new skills.

Get Organized: Use lists or apps to track tasks and stay focused.

Sleep and Rest: Ensure you're getting quality sleep to improve mental clarity.

When to Seek Help:

If brain fog significantly affects daily life or seems unusually severe, speak with your healthcare provider to explore other potential causes.

Managing Brain Fog

Brain fog, including forgetfulness and trouble concentrating, is a common symptom of menopause. This worksheet helps you track when brain fog occurs and find strategies to sharpen your focus.

Track Your Brain Fog

Record when you experience brain fog and its intensity for one week.

Day	Intensity					Time	Notes (e.g., during specific tasks)
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		

Implementing Brain Fog Management Strategies

Check off each strategy as you implement it, and evaluate which work best for you.

Strategy to Implement
<input type="radio"/> Get enough sleep: Aim for 7-8 hours of quality sleep each night.
<input type="radio"/> Practice mental exercises: Try puzzles, reading, or learning a new skill to sharpen your mind.
<input type="radio"/> Stay hydrated: Drink plenty of water to help support brain function.
<input type="radio"/> Exercise regularly: Physical activity helps improve blood flow to the brain.
<input type="radio"/> Take short breaks: Step away from tasks to give your brain time to recharge.
<input type="radio"/> Keep a to-do list: Writing things down can help you stay organized & on track.

Tip: Try using more than one strategy at a time to see what works best for reducing brain fog.