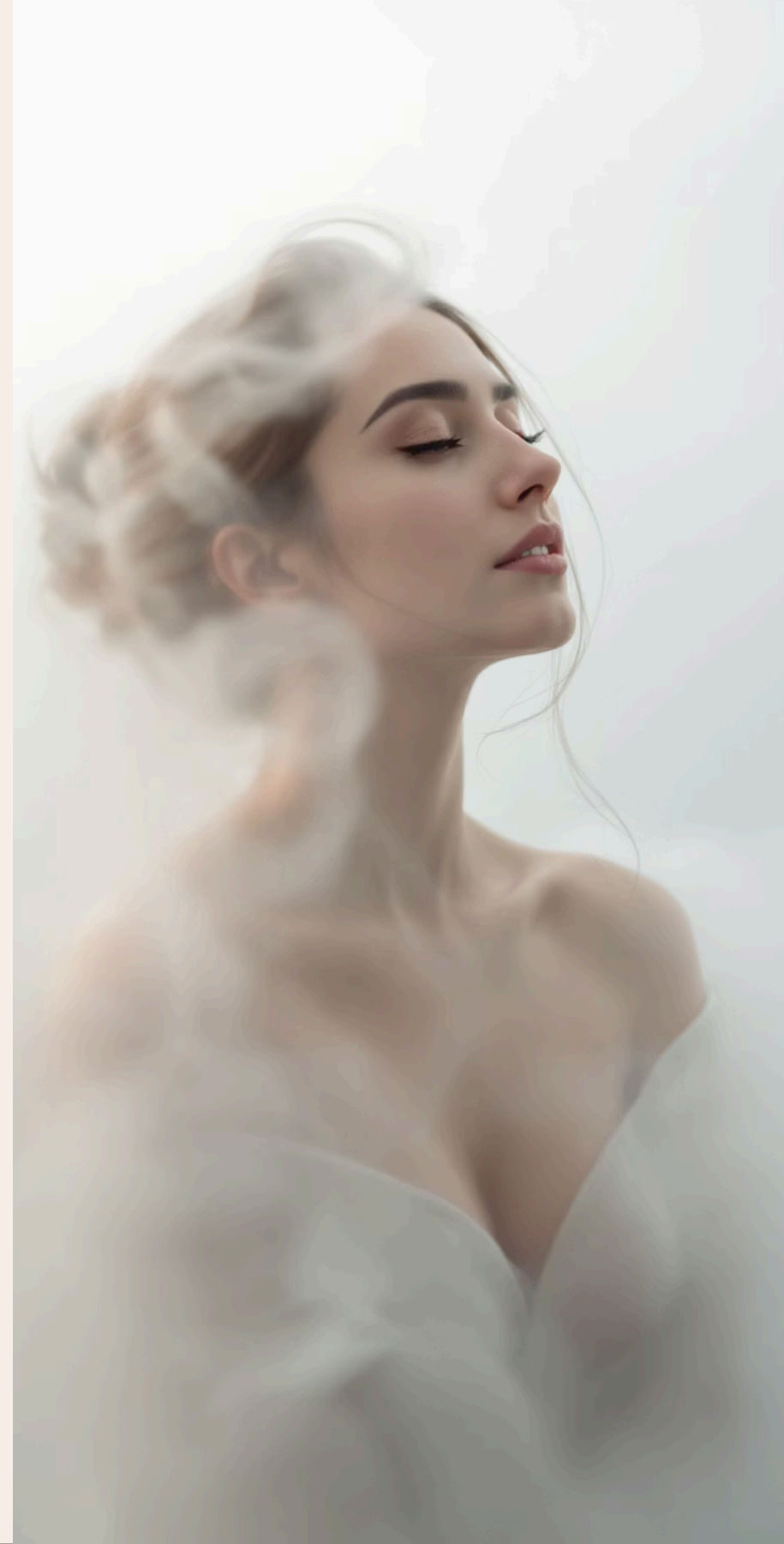




# Brain Fog Rescue

5 Steps to Reclaim Focus, Memory & Mental Clarity

*Brought to you by Navigate Menopause*



# What Is Menopause Brain Fog?

Struggling to remember names? Losing your train of thought mid-sentence?

You're not alone. Estrogen impacts memory, concentration, and verbal recall.

This isn't about intelligence — it's about hormone shifts.



# Step 1 – Ground in the Present



**5-4-3-2-1 mindfulness method**



**Deep belly breathing**



**Nature breaks or "eye resting" (looking at greenery)**

Fog often worsens with stress. Grounding helps.

**Try Asking Navigate Menopause:**

"Help me feel more focused right now."





# Step 2 – Nourish Your Brain

## **Omega-3s**

salmon, flax, walnuts

## **B vitamins**

leafy greens, eggs

## **Hydration!**

Even mild dehydration = fog

## **Avoid sugar spikes**

that lead to crashes

Fuel clear thinking with brain-friendly foods:



## Step 3 – Create Cognitive Cues



**Use sticky notes, phone reminders, and voice memos**



**Say names out loud when you meet someone**



**Do one task at a time (multi-tasking makes fog worse)**

**Ask Navigate Menopause:**

"Help me organise my day when I'm feeling scattered."





## Step 4 – Move Your Body, Clear Your Mind

Gentle exercise like walking, swimming, or yoga boosts focus

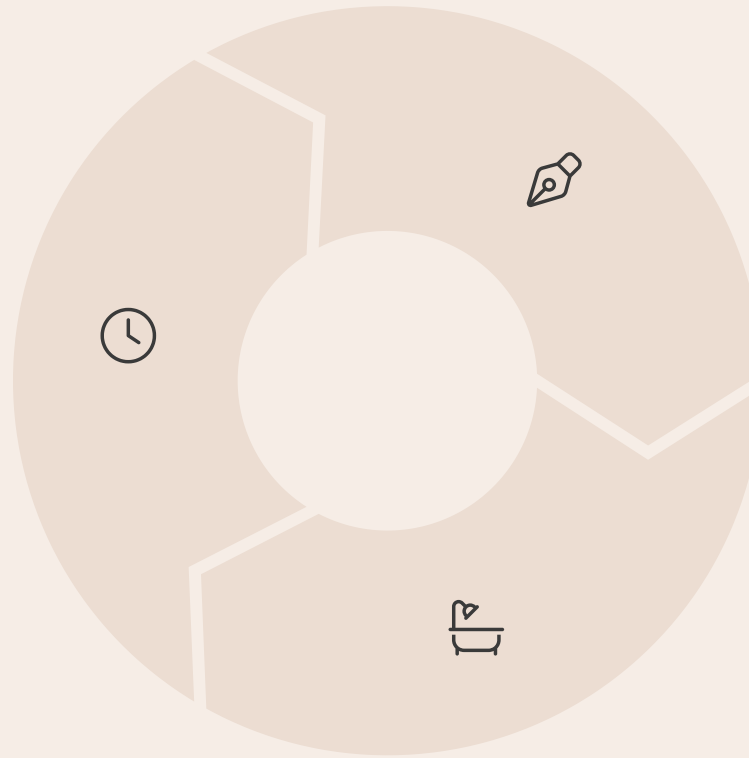
Even 10 minutes a day makes a difference

Bonus: movement improves sleep and mood, too



## Step 5 – Sleep Smarter

**Consistent sleep/wake time**



**No screens 1 hour before bed**

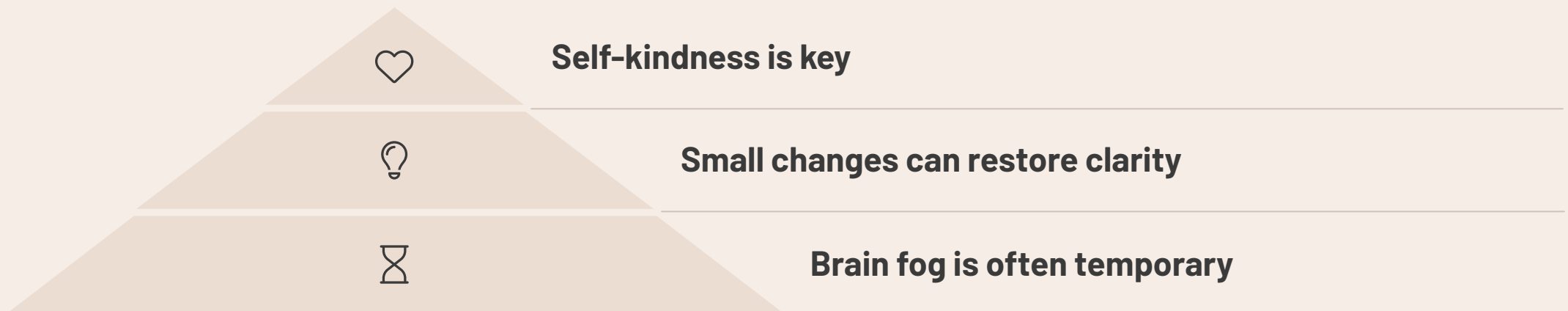
**Warm bath, gentle stretches,  
or calming music**

Sleep disruptions fuel fog. Tips:

**Try Asking Navigate Menopause:**

"I slept terribly last night and feel foggy. Help me reset."

# This Too Will Pass



Brain fog can feel frustrating, but it's often temporary.

You are still sharp, still capable, still *you*.





## Try Navigate Menopause Free



**"Give me a brain-boosting breathing exercise."**



**"What foods help with mental clarity?"**



**"Help me manage brain fog at work."**

Stuck in the fog? We're here to help. Ask your Navigate Menopause Support Companion: