



Project Menopause

Talking all things brain fog



Psychological signs and symptoms

- Anxiety
- Low mood
- Feeling tense
- Trouble sleeping
- Feeling excitable
- Panic attacks
- Difficulty with memory and concentrating
- Fatigue
- Emotional lability
- Feeling irritable and angry

Hints and Tips

- Have a bedtime routine with regular go to bed and get up times
- Avoid eating large meals before bedtime.
- Steer clear of spicy or acidic foods which can cause hot flushes
- Reduce stimulants like caffeine, nicotine, processed high sugary foods
- Reduce alcohol intake
- Don't wear heavy clothing or pile on lots of blankets in bed.
- Cool room temperature - Turning down the thermostat or using a fan may help
- Work on relaxation - try deep breathing, yoga, or massage.
- Exercise daily – a brisk 15 minute walk is all it takes

How can it affect you?

- Word finding difficulties, forgetting familiar peoples names
- Losing track of what we were saying or doing
- Everyday activities seem to require more effort, it takes longer to process things
- Forgetting about something that we planned to complete
- Taking much longer to get simple tasks done.
- Feeling frequently distracted or more tired whilst working.
- Having lapses of attention, for example going up stairs and then forgetting why we did that
- Finding it difficult to manage our time, make decisions, or prioritise and organize ourselves as well as we used to

Psychological Strategies

- Relaxation – music or reading a book
- Mindfulness
- Distract and divert – start a hobby
- Learn and educate – see our trust menopause website
- Reframe/ re-appraise those unhelpful thoughts and predictions
- Plan and organise your days, activities & meals
- Be kind to yourself
- Seek acceptance – you're not alone