



## BRAIN FOG AWARENESS CHECKLIST

### *How To Beat Brain Fog Naturally:*

#### **1. Digital Distraction:**

Start each morning with meditation and tranquility. Do not reach for your phone within the first hour of awakening. Throughout the day spend less time on computer and mobile phone. Be consistent and structured. Remind yourself to take a break!

#### **2. Positive Mindset:**

Positive thinking creates clarity and reduces stress/cortisol levels. It takes consistency and needs to be worked on daily through gratitude and meditation. Start your day with the following statement. "How can I make today a great day!"

#### **3. Lifestyle Modification:**

Changing your lifestyle and nutritional habits will always have so many benefits. Be consistent, it takes work, accountability, and commitment. Start by eliminating sugar or increasing water. Pick the hardest one first as it is a great motivator.

#### **4. Bedtime Routine:**

Getting enough sleep is key however challenging during menopause. 7 to 8 hours of sleep at night is optimum as is the routine of going to bed no later than 10pm. Be very structured and committed to your bedtime routine. Find a five minute bedtime meditation that speaks to you! You would be surprised how powerful that step is to create a restful sleep.

#### **5. Movement is Medicine:**

Regular exercise is a great commitment to lower cortisol and increase clarity. Even small windows produce great benefits to increase energy levels and productivity. Commit to a minimum of 3-5 times per week even for 20 minutes and the results will line-up quickly.

#### **6. Stimulants:**

Stimulants can be an easy fix and a quick grab without hesitation, in an attempt to improve our symptoms. Avoid alcohol and drinking coffee in the afternoon as it truly works against our goals. 2-3 litres of water should always be our first go to clear the fog. Monitor and measure your intake to be sure you hit your target daily.

### **HORMONE TESTING & WEIGHT LOSS**

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