

Checklist for brain fog: Activities to help you think clearer



Check in with your body:

- ☐ Drink a big glass of water
- ☐ Eat something nourishing

Make sure you get enough movement:

- ☐ Go for a walk around your neighbourhood or around your house
- ☐ Try some gentle exercise, like Tai Chi or chair yoga

Challenge yourself:

- ☐ Do something mentally stimulating or challenging, like a puzzle
- ☐ Try learning or practising a new skill, like a craft, language, or instrument

Do some social activities:

- ☐ Connect with a friend or try meet someone new
- ☐ Make plans to attend a social event or reach out to someone

Practice mindfulness:

- ☐ Check in with how you're feeling emotionally and physically
- ☐ Take a few minutes to breathe deeply or meditate

Consider how well you sleep:

- ☐ If you didn't get 7-9 hours of sleep last night, have a rest today
- ☐ Explore what you can do to improve your sleep quality at LiveUp