

Brain Fog, Cognition and Communication

Understanding cognitive changes during perimenopause and menopause

Brain fog is real.

It does not mean you are losing your intelligence.

Attention, memory, processing speed and word finding can be affected by hormones, sleep, stress, and other medical and health factors.

What can brain fog look like?

- Needing more time to think or respond
- Trouble focusing or frequent distractions
- Forgetting names, words or why you entered a room
- Trouble finding words or organizing thoughts
- Feeling overwhelmed by multitasking or information
- Mental fatigue or feeling “burned out”

3 daily habits for a clearer brain

- 1 Sleep.** Keep a regular sleep routine and address hot flashes or other sleep disruptions.
- 2 Move.** Make regular physical activity part of your day.
- 3 Manage stress.** Make time for short pauses, mindfulness and recovery.

Turn over for communication strategies and support.

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Personalized therapy, wellness & education for adults and older adults

Communication strategies that help

- **Pause & slow down.**
Give yourself time to process and respond.
- **Reduce distractions.**
Silence notifications and focus on one task or conversation.
- **Use external supports.**
Try a calendar, reminders, lists or notes.
- **Support word finding.**
Describe the word, use a related word or write down key words.
- **Strengthen memory.**
Break information into small parts, repeat it and connect it to something meaningful.
- **Protect your energy.**
Take breaks and avoid stacking demanding tasks.
- **Calm the nervous system.**
Breathing or grounding exercises can help reduce overload.

When to check in with a professional

Occasional lapses can happen. Talk with your healthcare provider or a speech-language pathologist if changes are new, worsening, frequent or affecting everyday life.

A speech-language pathologist can help

Practical support for memory, attention, word finding, organization, communication and confidence.