



The Midlife Brain Fog Guide™

Understand what may be contributing and find practical ways to make everyday thinking feel more manageable.



Brain fog can feel like losing your train of thought, forgetting familiar words or struggling to concentrate. It is a description of how you feel, not a diagnosis.

1. Why Might This Be Happening?



Hormonal shifts



Interrupted sleep



Stress or overload



Not eating enough



Medication effects



Health or nutrient concerns

More than one factor may be involved.

2. What Can I Try Today?

1



Choose one priority

Let the rest wait.

2



Write it down right away

Use notes, reminders or a calendar.

3



Reduce distractions

Silence alerts and clear your workspace.

4



Eat and hydrate regularly

Notice whether long gaps make thinking harder.

5



Pause before switching tasks

Give your brain a moment to catch up.

3. Look for Patterns



When does it feel strongest?



What seems to make it better or worse?



Is it affecting work, driving, finances or daily routines?



A Brain Fog Pattern Tracker™ can help you gather the details.



Gentle Reminder

Brain fog is common in midlife, but new, persistent or worsening changes deserve attention.



Martine's Midlife Wellness Tip

External supports are smart tools. Lists, alarms and routines reduce the amount your brain has to hold at once.



Seek urgent help for sudden confusion, trouble speaking, facial drooping, one-sided weakness or a severe new headache.