

Menopause Brain Fog Rescue Guide™

When your thoughts feel scattered, reduce the mental load
and give your brain one clear next step.

WHEN YOUR BRAIN STALLS

1



PAUSE

Stop adding new information for a moment.
Take one slow breath.

2



NAME THE TASK

Ask: What am I trying to do right now?

3



WRITE IT DOWN

Capture the next step before another
thought replaces it.

4



REMOVE DISTRACTIONS

Close extra tabs, silence alerts and
clear one small work area.

5



WORK IN A SHORT BLOCK

Set a timer for 10 to 20 minutes,
then pause and reassess.



FORGETTING WORDS

Describe the word, use a substitute
or return to it later. Pressure often
makes recall harder.



LOSING ITEMS

Give essentials one consistent
home and return them there
immediately.



MISSING APPOINTMENTS

Use one calendar and set an alert
when you schedule, not later.



FEELING MENTALLY FULL

Choose three priorities for the day.
Move everything else to a
written list.

Brain-Supporting Foundations

- ☐ Regular meals
- ☐ Enough fluids
- ☐ Consistent sleep rhythm
- ☐ Movement
- ☐ Stress recovery
- ☐ Medication review when appropriate



Please Speak With Your Healthcare Provider If...

Memory or thinking changes are
sudden, worsening, interfering
with daily life, accompanied
by other neurological symptoms
or noticed by people close to you.



Gentle Reminder

Brain fog can overlap with
poor sleep, stress, mood
changes, medication
effects, thyroid concerns
and other health
conditions.

Martine's Midlife Wellness Tip

Do not rely on memory for everything. Notes, reminders
and routines are useful supports, not signs that you are failing.