

TerpSummit, 11 January 2021

What’s with the brain fog?

Worksheet

*Stress levels skyrocketed in 2020 due to public health concerns, social isolation, working from home & high levels of uncertainty worldwide. It causes both physical symptoms and a gradual decline in mental health. Brain fog seems part of this 'new normal', but It does not have to be. Here are some questions that may help you assess your situation:*

How often do you experience brain fog?

How does it manifest for you?

Does it come along other symptoms? If so, which?

How do you deal with it? Do you get the desired results?

What’s your best strategy to return to Clarity?

Would you like to learn more ways to stay clear-headed for longer?

If Brain Fog is an issue for you and you want to be able to control it, get in touch after attending my presentation.

Gabriela Bocanete

Conference Interpreter, Interpreter Trainer

Holistic Health & Resilience Coach

http://Gabrielabocanete.com

FB: Vitality & Gentle Resilience

