

You can suffer from cognitive impairment, commonly referred to as “brain fog,” as you rehabilitate from COVID-19. These phrases are used to characterize issues with intellect or thinking, such as difficulties memorizing, focusing, concentration, problem-solving, or starting to think swiftly. Among the most prominent Post-COVID signs is brain fog.

Potential Causes

There are various different causes of people suffering from cognitive and thinking problems. Such problems include sleep disorders, mental soreness, depression, and tiredness, with very few people leading to stroke. Discuss this with one of our staff from the health unit to learn the possible causes of experiencing brain fog after suffering from COVID.

Memory

If you have memory issues, it may be difficult for you to retain information and make choices based on that. You can have trouble remembering what happened, forget your medication time, or maybe both.

Focusing and Attentiveness

It might be challenging to concentrate and block out distractions when you have concentration or attention issues. It could be challenging to assist your kid with their schoolwork, keep up with the discussion on the Television, follow up with fast-moving conversations, or find a can opener inside the packed cutlery shelf.

Executive Functions

Your ability to solve issues, decide things, plan in advance and complete activities depends on your executive functions.

Executive processing is required, for instance, to address issues, plan a trip, have the vehicle repaired, look for new work, or find a new home to live in.

People that struggle with executive functioning may come across as unorganized, aggressive, and lacking in planning. They might struggle to get started on projects or begin a task but not finish it, possibly being sidetracked by unimportant things and failing to realize they’ve gotten off-target.

Managing Brain Fog

- Various approaches for managing brain fog after suffering from COVID will also help you feel less frustrated and less of a burden in general. Examples of approaches are:
 - Minimizing disruptions when concentrating
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- Completing more challenging activities in the morning when you're least exhausted.
- Set alarms on your calendar to notify you of both critical and minor tasks, such as what time to eat.
- Create schedules to help with simpler tasks perform tasks.
- Discuss particular tactics to manage brain fog with your primary doctor.