



Your job as a coach is to assist others with issues that may be holding them back. It's impossible for you to provide that assistance if your own brain is not functioning optimally.

Everyone has a little brain fog on occasion. But, if you're regularly suffering from a serious case of brain fog, there are steps you can take. **Brain fog can be frustrating and greatly limit your productivity and creativity.**

There are steps you can take to reduce or even eliminate brain fog. Try these tips and see just how clear-headed you can actually be.

7 Ways to Clear Brain Fog

Practice these techniques to maximize your mental clarity and boost your productivity:

1. **Exercise your body and your brain.** Your brain and your body need a workout each day. Have you ever noticed that you feel better and think more clearly after a moderate bout of exercise? Plan some mental and physical exercise into your daily schedule.
 - Mental exercise can be as simple as working a few brain puzzles or math problems.
 - Physical exercise doesn't have to be demanding, but it can be helpful to push yourself enough that you're breathing hard.
2. **Deal with stress.** Stress is distracting. Stress also results in abnormal levels of hormones and neurotransmitters that can affect your thinking. Stress is hard on your body and your brain. Lower your stress levels if you want to do your best thinking.
3. **Get a checkup.** See your doctor if you're having issues with brain fog and nothing else seems to be working. It might be that you have an underlying medical condition that's contributing to your brain fog. You might also be taking medication that's creating challenges for you.



4. **Eat healthy food.** Unhealthy food can leave you with brain fog. Also, there are foods that are often considered to be healthy that just might not sit well with your system. **It's important to notice how you feel after eating different foods** and use that information to your benefit. Experiment and see what you discover.
5. **Sleep the right number of hours for you.** If you've ever missed out on a few hours of sleep, you know how compromised your ability to think clearly can be. A lack of sleep is a major cause of brain fog.
 - Interestingly, many people also suffer from brain fog if they sleep too long. An hour or more of sleep beyond what you require can greatly reduce your alertness. It's not easy to reach 100% alertness if you sleep too long.
 - Even if you think you do just fine with 5-6 hours of sleep, try sleeping longer and see if it helps.
6. **Avoid stimulants and depressants.** Too much caffeine can leave your brain racing. The same goes for other stimulants as well. Stimulants can also interfere with your sleep.
 - Obviously, depressants can leave you feeling groggy and cloud your thinking. It's best to avoid both if you want to minimize brain fog.
7. **Drink some water. One of the early signs of dehydration is brain fog.** If you just can't seem to concentrate or to think clearly, have a glass of water and see if that helps. A tall glass of water every few hours isn't a bad idea. Drink according to your thirst. This is my personal favorite. I know from experience that when my brain gets fuzzy mid afternoon that drinking water will help me better than coffee or any other stimulant based drink.

Brain fog doesn't have to be a regular occurrence in your life. Take the necessary steps to minimize the amount of brain fog you experience each day. **If you try all of these tips and aren't satisfied with your progress, schedule an appointment with your physician.**

Brain fog can potentially be a serious issue, but it's harmless in origin the vast majority of the time. Give these tips a try!

~ Angela Lofton Moore