

# Tips to help your recovery from illness

## Poor concentration and brain-fog – Page 1 of 2

This might mean that for periods of time, you struggle to concentrate on something, you might become very tired when you try to concentrate, have short-term memory difficulties or feel that you can't think clearly or struggle to understand information.

Many people experience occasional problems with a lack of concentration after illness. **Remember, brain fog after illness is common and usually resolves with time.** It's natural to feel distracted after an illness, worry, pain, stress, poor sleep or medications can contribute to this.

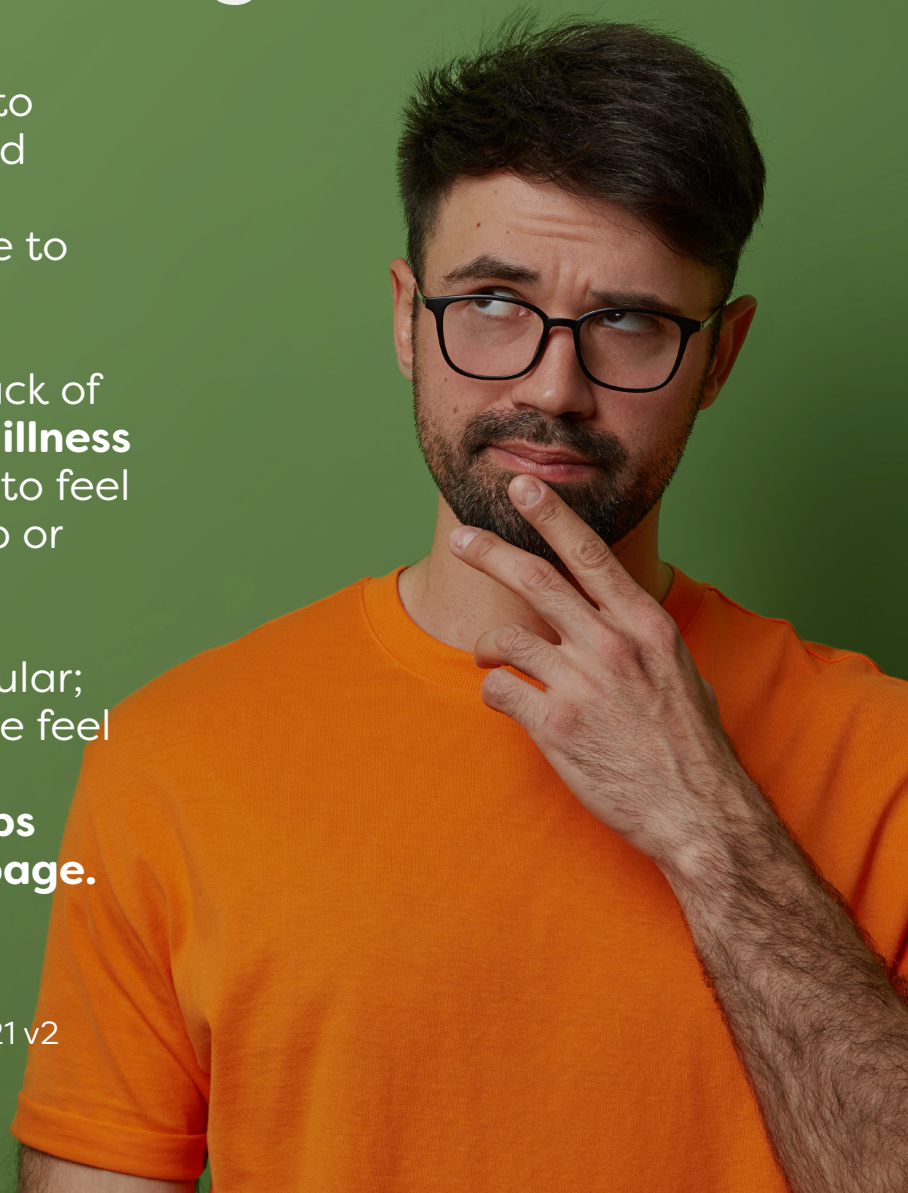
It becomes harder when this is more prolonged or irregular; periods when we are fine and then other times when we feel our brains are just not working properly. Remember, symptoms usually resolve over time. **There are some tips that could help you manage 'Brain Fog' on the next page.**



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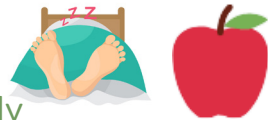


# Tips to help your recovery from illness

## Poor concentration and brain-fog Page 2 of 2

### Small Lifestyle Changes

- Lots of rest and sleep
- Eat and drink water regularly
- Do some gentle exercise
- Try to relax



### Exercise your Brain

- Avoid watching TV or using electronic gadgets for long periods, take regular breaks
- Make a list, set reminders for your: using your phone or notepad
- Try to plan and prioritise your activities and tasks, go slow, try not to do too much
- 'Lifting the Fog' useful practical tips:



[www.cfselfhelp.org/library/lifting-fog-treating-cognitive-problems](http://www.cfselfhelp.org/library/lifting-fog-treating-cognitive-problems)

### See our sleep advice section for our sleep and fatigue tips

**Review your diet:** Try to eat regularly and have a balanced diet, this should include lots of fruit and veg.

**Regular water** is important for brain health but avoid alcohol.

**See our food and diet section for more.**

Do activities in **short bursts** - lots of people find that 5-8 minutes is the maximum that they can manage.



### Take breaks between activities

**Take exercise** - this doesn't have to be going to the gym or going for a run. Simply going for a walk or standing to do the washing up counts as exercise.

**Manage your stress-** do positive things to look after yourself. This could include mindfulness, speaking with friends, Yoga or an online art course. Even if it's a long soak in the bath, It's important to do the things you enjoy.

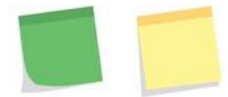
### Specific brain activities

**Avoid too much TV** or electronic activities- this tends to exacerbate the concentration issues.

No more than 1 hour at a time with at least a few hours break is recommended.



Use a diary / memory prompts / post-it notes/ phone alarms. This should help with memory issues.



### Try not to do more than 1 thing at a time-

you may have been a great multi-tasker in the past but doing 2 or more tasks at once is likely to increase brain fog.



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