

Brain Fog & Cognitive Overload – Regulation Check-In

Purpose: Supports clarity, reduces shame, increases awareness.

When brain fog shows up, pause and notice:

- **What is my energy level right now?**
- ☐ **Low** ☐ **Medium** ☐ **High**
- **What has my nervous system been doing today?**
- ☐ **Rushing** ☐ **Multitasking** ☐ **Holding stress** ☐ **Resting**
- **Have I had:**
- ☐ **Adequate sleep**
- ☐ **Water**
- ☐ **Food**
- ☐ **Movement**

Gentle Regulation Reset (1–2 minutes):

- **Place one hand on your chest**
- **Take 3 slow breaths**
- **Gently name 3 things you can see and 2 things you can feel**

Brain fog is often a signal of overload, not failure.