

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.