

MIND • BODY • FOOD

BODY SIGNALS & SYMPTOMS

I Feel Foggy or Can't Concentrate

Explore what may be affecting attention and thinking

Brain fog, distraction or difficulty concentrating can be the body's way of communicating that something needs attention, but there may be several contributors.

Space to Breathe Therapy

What could my body be telling me?

Brain fog, distraction or difficulty concentrating can be the body's way of communicating that something needs attention, but there may be several contributors.

Possible contributors

- A long gap without eating, insufficient food or dehydration
- Poor or disrupted sleep, illness, pain or hormonal change
- Stress, sensory overload, medication or another health condition

Look for patterns, not one explanation

Body sensations often have several possible causes. Consider timing, repetition, associated symptoms and what is different from your usual pattern. This resource supports reflection; it does not diagnose.

A practical response

Pause, notice and respond

- 1 Rate concentration and energy from 0 to 10.
- 2 Check when you last ate, drank and rested.
- 3 Reduce stimulation or demands briefly if possible.
- 4 Try one supportive action and notice whether clarity changes.

Use the information safely

Notice whether the symptom is new, severe, persistent or affecting daily life.
Use appropriate professional support rather than making major changes to food, medication or treatment by yourself.

Your symptom reflection

Concentration /10

Energy /10

Last food and drink

Sleep, stress or sensory load

One action I tried

What changed

When to seek support

New or severe confusion, trouble speaking, facial droop, one-sided weakness, fainting or a sudden intense headache requires urgent medical assessment.