

Episode Notes

THE BRAIN FOG OF GRIEF

REFLECTION:

The brain fog of grief is a natural part of grieving. Your mind is preoccupied with sadness, loneliness and other emotions which leaves little room for your cognitive functions, memory and concentration. This is normal and common, even though it is frustrating.

KEY POINTS:

Grief brain is not forever. It comes and goes during your recovery period as your body is trying to adapt. It's important to remember **that there is nothing wrong with you!**

STEPPING STONE:

- Now that you understand the impact of grief brain, where can you lower expectations or give yourself some grace?

- How can you look at some things differently? (realizing you need more time or you can't do everything)

HEART CHECK

Date:

What have you been thinking and feeling today?

