

## Clearing a Foggy Mind

### 1. Practice Mindfulness Meditation

- Find a Quiet Spot.
- Focus on Your Breath: Follow the Body Scanning Mindfulness worksheet. Close your eyes and take slow, deep breaths. Focus on the sensation of the air entering and leaving your body.
- Stay Present: If your mind wanders, gently bring your focus back to your breath. Aim to do this for 5-10 minutes daily.

### 2. Use Breathing Exercises

- 4-7-8 Breathing Technique:
  - Inhale: Breathe quietly through your nose for 4 seconds.
  - Hold: Hold your breath for a count of 7 seconds.
  - Exhale: Exhale completely through your mouth for 8 seconds.
  - Repeat: Do this cycle 4 times to help calm your mind and body.

### 3. Write it Down: Journaling

- Set Aside Time: Spend 5-10 minutes daily writing down your thoughts and feelings.
- Organise Thoughts: Using the Thought Log worksheet, write freely about your mind without worrying about grammar or spelling.
- Reflect: At the end of the week, review your entries to identify patterns or recurring thoughts.

### 4. Take Short Breaks

- Pause and Reset: When feeling mentally foggy, take a short 5-minute break.
- Move Around: Stretch, walk, or do a light physical activity to refresh your mind.
- Hydrate: Drink water to stay hydrated and help improve concentration.

### 5. Get Enough Sleep

- Establish a Routine: Go to bed and wake up simultaneously every day.
- Wind Down: Create a relaxing bedtime routine (e.g., reading, listening to calm music).
- Limit Screen Time: Avoid screens at least an hour before bed to help improve sleep quality.

## 6. Stay Organised

- Plan Your Day: Following Goal Setting worksheet Use a planner or digital calendar to outline your daily tasks and goals.
- Break Tasks Down: Divide larger tasks into smaller, manageable steps.
- Prioritise: Focus on completing the most important tasks first.

## 7. Stay Connected

- Talk to Someone: Share your feelings with a trusted friend, coach, or psychologist.
- Seek Support: Don't hesitate to ask for help if you feel overwhelmed.