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 www.maybeitsmenopausemayhem.com

 [Maybe_its_menopause_mayhem](https://www.instagram.com/maybe_its_menopause_mayhem)

 rachel@maybeitsmenopausemayhem.com

WELCOME!

This info sheet is part of a menopause symptoms series created alongside my podcast Maybe it's Menopause Mayhem.

It's here to share the key headlines in a clear, easy-to-understand way — so you can feel a little more informed, a little less alone, and a lot more supported.

THE FACTS

1: It's a widespread symptom

Up to **two-thirds** of women will experience brain fog during perimenopause and menopause. And no it's not just stress or you losing it....

2: How does it show up?

Brain fog is not only one of the most common symptoms, it is also one of the most frustrating.?

Women may experience:

- forgetfulness
- trouble concentrating
- losing words mid-sentence
- walking into a room - and having no clue why you're there!

WHY IT HAPPENS...

Hormone Fluctuations



Oestrogen plays an important role in how the brain processes information, supports memory.

and regulates mood. During perimenopause & menopause, oestrogen levels don't just decline - they fluctuate wildly. And this creates a hormonal rollercoaster that can temporarily affect how you brain works.

Sleep Disruption



Hot flushes, night sweats, anxiety & insomnia all interfere with sleep. Poor sleep has a direct impact on memory, focus & mental clarity - even one bad night can make your brain feel scrambled.

Stress & Anxiety



Hormonal changes can increase anxiety & stress. And when you brain is constantly in 'fight or

flight' mode, it becomes harder to concentrate, retain information or think clearly.

Mental Load Overload



Mid-life often comes with increased responsibilities - work pressure, caring roles, life admin - all while your cognitive processing speed may be taking a temporary dip. The result? That overwhelmed, fuzzy feeling!

IMPORTANT

Getting checked isn't overreacting. Its taking care of yourself. If it feels severe, frightening, suddenly worse, or is affecting your daily life, please speak to your GP or Healthcare Provider.



TOP TIPS

Be kinder to your brain: Brain fog isn't laziness or lack of ability - its your brain working under changing hormonal conditions. Lower the bar where you can, and stop beating yourself up for things you'd normally find easy.

Write *everything* down: Notes, reminders, lists, calendar alerts - if it lives in your head it will probably fall out. Externalising your memory genuinely helps reduce mental load (and is a great excuse to buy more stationary!)

One thing at a time! Multitasking makes brain fog worse. Finish one task, then move on. Slower can often end up being faster.

Sleep matters more than ever... Poor sleep makes brain fog significantly worse. Even small improvements - consistent bedtime, less late caffeine, a wind-down routine - can help.

Move your body (gently still counts!): A short walk, stretching, getting outside can improve focus and clarity. It doesn't need to be intense to help.

Reduce background noise: Too much stimulation can overwhelm a foggy brain. Quiet space, fewer tabs open, few notifications - your brain will thank you!

NUTRITION

Protein: helps to stabilise blood sugar & energy levels, which support concentration.



Healthy Fats: your brain **LOVES** it!



Complex Carbs: slow-release energy prevents crashes



Hydration: Dehydration can **absolutely** worsen brain fog... so get drinking!



Good, reliable reading & support



MIND: excellent health support & information

NHS menopause guidance: clear, evidenced-based information

British Menopause Society: trusted clinical resources

Mindfulness apps (like Headspace & Calm): helpful for anxiety & mental overload

Vitamins!

Vitamin B12 - supports energy & Brain function

Magnesium (Glycinate) - can help with stress, sleep & mental clarity

Omega 3 - supports brain & cognitive health

Iron - low levels can worsen fatigue & fog

Lion's Mane Mushroom - can improve focus & clarity

Maybe It's

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