



Brain Fog Affects Performance at Work

What is “brain fog,” and what might a supervisor observe in an employee struggling with this condition?

Brain fog is not a medical term but a description for a set of symptoms that interfere with a person’s ability to think, remember and function. Frequently heard during the COVID drama, this term was related to the infection and to COVID vaccines. The term also surfaces at times in relation to cancer treatments. Often brain

fog seems to be consistent with a blood circulation disorder. One study rated the most frequent complaints related to ‘brain fog’ as follows:

- "forgetful" (91%),
- "difficulty thinking" & "focusing" (88%).
- "difficulty processing what others say" (80%)
- "confusion" (71%)
- "getting lost" (64%)
- "thoughts moving too quickly" (40%).

At work, these issues can be connected to performance or teamwork issues. Dismissing these symptoms can have serious consequences, as other medical problems may be related to an employee’s experience of brain fog. Leadership staff may well refer employees to EAP resources or other approved health and wellness providers.

www.ncbi.nlm.nih.gov/23999934/
<https://www.hopkinsmedicine.org/health/conditions-and-diseases/postural-orthostatic-tachycardia-syndrome-pots>

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Leadership Orientation Training - Session B

Tuesday Aug. 13, 2024

9:00am - 11:30am

Pre-register by:

Aug. 1, 2024

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