Slow Or Foggy Thinking

Slow or foggy thinking can occur or worsen with physical or cognitive fatigue.

Ways to manage slowed thinking

- Ask questions and seek clarification when you are unsure if you have understood.
- Plan for more time to complete tasks (e.g. Organize yourself the night before to have enough time to prepare for the day)
- Avoid time pressured situations (e.g. avoid going to the bank just before it closes)
- Ask other to slow down when speaking to you.
- Focus on one activity or task at a time.