



# Memory and the Fog

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## Brain Fog with Alzheimer's

A lot of what you do for brain fog in Alzheimer's is actually really useful for your regular memory issues. Leaving color-coded stick-it notes around the house is a great way to get your attention and have something to help you with memory or brain fog. All memory or fog aids should be in the most logical place where you might need that information. Otherwise, you may have issues finding that key bit of information. This is especially true if you keep everything you need to remember in a notebook. You can easily misplace the notebook and be lost. Always have a place to put large bits of information and don't be afraid to scatter other little tidbits around your house or workspace.

