



Clear the Fog and Focus

by NEWLIFEOUTLOOK TEAM

Brain Tips To Help You Focus With ADHD

When you experience brain fog with ADHD there are some great ways to get yourself back on track. You can have a stimulant, such as coffee, of which there are some indications will actually help to calm you down and focus on a task. It's even better, though, to go for a walk or do a bit of exercise. Activity releases various chemicals in your brain that help to stimulate your body, among other things. When you have an episode of brain fog, try each approach to figure out which one works best for you, but don't forget to talk to your doctor for advice.

