



The Fog of Depression

by NEWLIFEOUTLOOK TEAM

Brain Fog can be lifted. Here's how.

Depression often manifests in a number of symptoms, from trouble focusing to confusion and difficulty organizing thoughts. Added up it can feel like a mental fog out of which there is no escape. But it can be lifted! This infographic highlights helpful approaches to brain fog that, while not a replacement for therapy or medication, can still be counted as an effective tool against depression.

