



# Managing Brain Fog With AFib

by NEWLIFEOUTLOOK TEAM

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## Coping With the Mental Symptoms of Atrial Fibrillation

The primary concern of atrial fibrillation is the heart, but the symptoms that affect the brain — such as dizziness, light-headedness, fatigue, and anxiety — can be equally stressful.

Brain fog can be successfully managed with some helpful tricks and small lifestyle changes such as checklists, notes, and organizational tools.

Read on to learn more tips and tricks to combat brain fog with AFib.

