

Empower - Menopause and Cancer Survivorship Pathway

Mood, Brain Fog, Anxiety & Stress Management

FAQs

1. Are these symptoms permanent?

No, with proper interventions and passage of time these symptoms will improve.

2. What is brain fog?

Brain fog is an occurrence in which one experiences challenges with thinking and memory. Common experiences and symptoms of brain fog include poor concentration and forgetfulness.

3. Are there therapists or counsellors who can help me address these symptoms?

Yes, licensed counsellors are equipped to help people manage these symptoms.

4. Can my GP help address these symptoms?

Yes, it is recommended to talk to your GP and healthcare team about psychological symptoms. <https://www.cancer.ie/cancer-information-and-support/cancer-information/cancer-treatments-and-side-effects/coping-with-side-effects/managing-menopausal-symptoms>

5. Can these symptoms impact my work?

It is possible for mood, stress and brain fog can impact your ability to work. It is recommended to talk to your employer if this is the case.

6. Can I take medication to help improve my mood?

Talk to your doctor about medication. However, there are many evidence-based interventions for psychological symptoms that do not include medication.

7. Are there any activities I should avoid to help with these symptoms?

Yes, it is recommended that people avoid drinking alcohol and taking recreational drugs, keeping their emotions to themselves, and keeping a structured rather than loose daily routine.

<https://www.cancer.ie/cancer-information-and-support/cancer-information/cancer-treatments-and-side-effects/coping-with-side-effects/managing-menopausal-symptoms>