

PSYCHOLOGICAL EFFECTS OF DIZZINESS



COGNITIVE FATIGUE

Mental exhaustion while doing work or just while having a conversation is a sign of cognitive fatigue. Taking mental breaks and knowing when to take them is key to recovering from fatigue.

DISORIENTATION & CONFUSION

Inability to "keep up" and getting times and days mixed up happens to all of us, but especially when we are combatting dizziness. Set reminders, ask people to repeat, and say it outloud to yourself.

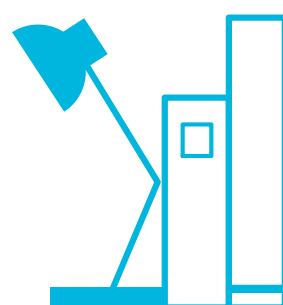


DIFFICULTY CONCENTRATING

Feeling restless or easily distracted is one of the most common complaints. Set a timer and remove distractions. Keep yourself engaged by writing things down as you hear them and stepping away if you need to.

IMPAIRED VISUAL SKILLS

Excessive visual stimuli or reading small text (just as this) can be hard for individuals. Print outs vs computer screens and listening to the information can all be ways to reduce the visual stimuli.



IMPAIRED MEMORY

Short-term memory loss is common and expected with dizziness. Making lists is imperative to help.

REDUCED EXECUTIVE FUNCTION

Decision making becomes difficult mainly because you cannot think clearly. Prioritize your energy so you can save your energy for when you are needed most and delegate the other tasks.



IT'S NORMAL TO EXPERIENCE THESE SYMPTOMS AND THERE ARE RESOURCES TO HELP YOU

FOR MORE INFORMATION, CONTACT US

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