

Decision Fatigue

Decision Fatigue:

a state of mental exhaustion resulting from the extremely high number of decisions a person or care partner must make every day, leading to difficulty making decisions entirely.

Decision Fatigue Risk Factors:

- an overload of the number of decision that must be made by one person
- a decision causing mental distress due to the potential outcome
- feeling burdened by being the one person who can make decisions for another person

“Decision fatigue impacts caregivers by causing anxiety, fear, or stress which can impact overall wellness.”

-- Barbara Rubel, Board Certified Expert in Traumatic Stress

Tips to Minimize Decision Fatigue

Simplify and Stick to Your Morning Routine

- starting off your day with minimal decisions can set you up well for the rest of the day.

Pause Before Reacting

- when you do have to make a decision for yourself or for your loved one, pause and take sometime before making a definitive decision

Ask for Help

- admitting you need help and passing off the burden of decision making to someone else can be difficult but may also be the best thing you can do for yourself

Practice Self-Care

- make it a habit to commit to healthy habits – eating well, getting sleep, or exercising is a great place to start

Reduce the Number of Daily Small Choices You Make

- meal plan, select outfits, and plan your outings for the week can reduce the decisions you make on a daily basis