

How to Overcome Mental Fatigue

By [The Editors](#)

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Make sure you take care of your basic needs first

In today's busy life and after the last two years of COVID, we find ourselves with more tasks on our plate and more *"things to get done"* all the time.

It can be challenging to feel like the world is stretching you in all different directions. Mental fatigue can seem just around the corner, but there is hope!

By intentionally implementing different kinds of self-care, you can help yourself continue to have and find the energy that seems so easily lost.

Some of the best ways to overcome mental fatigue include making sure we take care of our basic needs first. Self-care has become a catchphrase in our culture lately, but it is *not* without some strong and applicable truths.

Imagine you are on an airline and the oxygen masks come down. The instructions are to put on your mask prior to helping anyone else around you put on theirs. There is a very important reason this instruction is given.

This is because if you fail to get enough oxygen into your own body, you can pass out, and you would *not* be in any position to save yourself, let alone others.

We must take this approach to care for ourselves in our everyday life. If we do *not* get enough self-care, we will *not* be able to be good for ourselves or anyone else.

Here are three easy ways to help overcome mental fatigue:

Make sure you are getting enough sleep.

First and foremost is making sure you are getting enough sleep. It has come to light that lack of sleep can mimic depression. Sleep is the foundation of our mental well-being.

It is so easy with tech, entertainment, and all the other things that can keep us up at night, but if we fail to get enough sleep, our entire next day will be affected. Sleep is the foundation of strong mental health and the key to fighting mental fatigue.

If you do not have a strong sleep schedule, you can start improving your sleep habits now by doing things like going to bed at the same time every night.

Also, try setting an alarm to wake up at the same time every morning. Taking tech out of your room before bed and *not* being on tech for at least 30 minutes before bedtime can also help improve sleep habits.

Related: [14 Proven Tips to Fall Asleep Faster and Sleep Better](#)

Make sure to sustain a natural level of energy to engage in life.

Secondly, what we put into our bodies is the next key to overcoming mental fatigue. What we fuel our bodies also fuels our *minds, moods, emotions, and abilities*.

If we are only putting in junk food, we will *not* be able to sustain a natural level of energy to engage in life and meet the demands of our everyday routine requests of us.

This is *not* to say you have to eat healthy every meal, but there are healthy foods, and then there are “*sometimes foods*.” Most of what we take into our bodies should be healthy, but sometimes we can indulge in the “*sometimes foods*” as a treat.

If you are looking for ways to improve your eating habits gradually, try *not* eating after 8 pm and **increase the number of fruits and veggies you eat**.

Craving something sweet? Grab an orange or banana instead of a sugary treat. Finding yourself drinking a lot of soda or juice during the day? Try preparing water with lemon or drinking iced sparkling water.

Make sure to have a support system around you

Lastly, having support in our life is the third key to overcoming mental fatigue. If you already have a support system around you — that is fantastic! If you do not, don't get discouraged, there is always time to get engaged.

Having support gives us *comfort* and *hope* and builds our resiliency against things like depression, anxiety, or even a bad day. Part of having support around you is making sure to be authentic and, at (appropriate times) show vulnerability.

As [Brene Brown](#) says, being vulnerable with those who have earned that trust from you helps build connections. In connection, we are strengthened.

Try going outside of your comfort zone

If you are looking for additional ways to find and create connections with those around you, try going outside of your comfort zone and attending a community event or asking an acquaintance out for coffee to get to know them better.

Sometimes we have to make the first move. Be brave and courageous — you've got this!