Routines to Combat Decision Fatigue

Gabriela Torres, Academic Coach
What is Decision Fatigue?

• Impaired ability to make decisions and control behavior as a result of repeated acts of decision making (Pignatiello et al., 2018).
  • Leads to burnout at work, lower motivation, increased distractibility, and poor information processing (Sievertsen et al., 2016).

Note. From Decision Fatigue by The Decision Lab, 2021 (https://thedecisionlab.com/biases/decision-fatigue/).
Causes of Decision Fatigue (Pignatiello et al., 2018)

• Series/Number of choices
• Weight of Decisions
• Situational
  • Ex. time of day, sleep deprivation
Signs and Effects

• Symptoms:
  • Feeling tired (mentally and/or physically)
  • Brain fog

• Effects (Pignatiello et al., 2018)
  • Impulsivity
  • Prolonged time required
  • Decision avoidance
Strategies to Combat Decision Fatigue

1. Make Important Decisions First
   • Prioritize by due date/deadline and amount of effort and time needed.

2. Allow Others to Help
   • Delegate tasks/decisions

3. Set Up Routines
   • Ex. Meal plan/prep on Sunday, maintain a morning and bedtime schedule.
4. Set aside time for self-care
   • Take restorative breaks between tasks
     • Go outside, stretch, take a social media break, eat a healthy snack, etc,

5. Get enough sleep at night
   • 7-9 hours of sleep (Hirshkowitz, et al., 2015)
   • Stick to a sleep schedule
References

