

Routines to Combat Decision Fatigue

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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



Image retrieved from Shutterstock/Magura, 2021

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.



Strategies to Combat Decision Fatigue (cont.)

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

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