

Fatigue Management

Mental Fatigue Symptoms



What Is Mental Fatigue?

Just like the body can become physically fatigued after intense exercise, rigorous mental exhaustion and stress can cause mental fatigue. This occurs when you're persistently overwhelmed without time for adequate rest and restoration, which leads to cognitive fatigue. You may find it difficult to problem-solve, focus on specific tasks, or make executive decisions. Likewise, you might struggle with the pervasive feeling that your brain is exhausted or overworked. Unlike other mental health struggles, mental exhaustion is when your brain operates at lower levels due to ongoing, unmanaged stress. Once you take a substantive break and incorporate regular rest into your life, the mental exhaustion typically goes away as well.

Mental Fatigue Symptoms

It's important to recognize the symptoms of mental fatigue. Identifying these signs early on can help you intervene before things get worse. **Common mental fatigue symptoms include:**

- Persistently feeling tired or emotionally "drained".
- A lack of motivation to complete daily tasks.
- Feeling like you can't think straight or clearly.
- Difficulties with concentration.
- Challenges with decision-making.
- Feeling like you're in a funk.

Mental/Emotional Signs

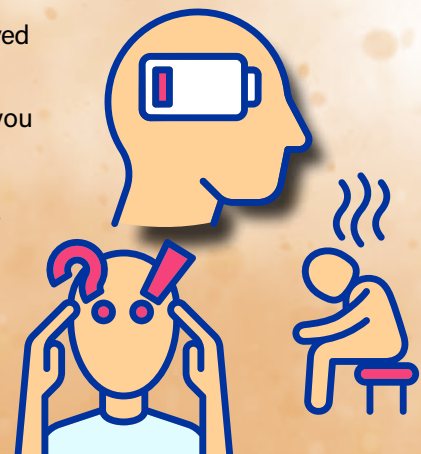
- Brain fog and decreased mental clarity.
- Scattered thoughts.
- Mind goes blank and you may zone out often.
- Negative/cynical outlook with feelings of irritability.
- Poor concentration from being distracted.
- Having problems retaining and recalling information.
- Feeling sad and worried more than usual.
- Experiencing negative thoughts about your current experiences, future, work/ personal relationships.
- A strong sense of overwhelm.
- Helplessness and numbness.
- Anxiousness with feelings of sadness.
- Unmotivated, like nothing matters.
- Being on edge.

Behavioral Signs

- Indecisiveness.
- Withdrawing from people.
- Calling out from work and/or canceling plans.
- Procrastination and/or avoidance.
- Decreased self-efficacy with your goals and dreams.
- Increased conflict in your life.
- Limiting interactions with loved ones.
- No longer doing activities you used to enjoy.
- Difficulties in effectively completing tasks and/or not meeting work deadlines.

Physical Signs

- Headaches and achy muscles.
- Tension in one area or throughout your body.
- Sleep difficulties and/or insomnia.
- Greater effort needed to complete everyday tasks.
- Physical fatigue and lethargy.



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