

Fatigue Management

How To Reduce Mental Fatigue



**MOBILE
MEDICAL
CORPORATION**

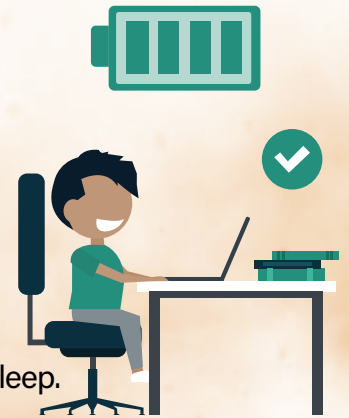
What Is Mental Fatigue?

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.

How To Reduce Mental Fatigue



- Prioritize important tasks when your energy is highest.
- Write tasks down.
- Take regular breaks throughout the day.
- Structure your day to match rising and falling energy levels.
- Avoid or limit time suckers.
- Stay hydrated.
- Reduce excessive decisions.
- Limit distractions when working.
- Reduce clutter.
- Try the timebox routine.
- Let go of perfectionism.
- Engage in a nightly routine and get good-quality sleep.
- Spend energy on high-value activities.
- Eat foods that will fuel your brain.



What can you do if it's due to circumstances you can't control?

"Even if circumstances can't change, it's helpful to look at a person's response to the circumstance," Dr. Carolyn Rubenstein, Ph.D., advises. "Instead of focusing externally, look inward [since] this is what the person has the most control over and is the easiest place to start." By changing your response to stress positively, you can experience more relief.

On top of focusing on what you can control, it's imperative to also center self-care in your life. Set aside mindful time whenever you can to cultivate stillness and breathe into the present moment. All of these micro-moments eventually add up. Mental exhaustion makes it hard to maintain healthy coping skills, but Dr. Sheva Assar, Ph.D., says it'll be a needed practice to take on so that symptoms don't intensify and lead to burnout. (Source: What Exactly Is Mental Exhaustion? Symptoms, Causes & How To Manage by Julie Nguyen. mindbodygreen Health: <https://www.mindbodygreen.com/articles/mental-exhaustion>)

