



How to Overcome Decision Fatigue

What is Decision Fatigue?

Decision fatigue is that moment in the day when the brain seems to say, “no more, I’m done”. It’s the sense that you can’t even choose between a drink of tea or coffee – you’re spent. We all experience it, and the more taxing your job is, and the more you’re required to make decisions throughout the day, the more you may find yourself suffering from decision fatigue.

Effects of Decision Fatigue.

It impairs our ability to make decisions altogether, but it also affects the quality of our decision making and our willpower. In short, after a long day of making good choice after good choice, we tend to start making bad ones. The end of a long day may not be the best time for important choices or tasks that require well thought out responses or clear decision making. Similarly, you should expect your team members, co-workers, bosses, and loved ones to experience the same. You are also less likely to make healthy dinner and snack choices in the evening. Instead, plan your meals early in the day.

Do we overcome Decision Fatigue?

Yes, our decision-making abilities replenish regularly. In general, our decision-making ability replenishes with rest and with relaxation.

Ways to Avoid Decision Fatigue.

In principle, the answer is simple. We need to tap into ways to reduce the number of decisions we make every day. Here are some simple ideas for cutting some of them from our lives.

- Create routines and habits
- Batch decisions and plan ahead
- Cut down on choices
- Share the burden and delegate decisions
- Make important decisions at the start of the day
- Make a list of your decisions and regularly purge

Don’t Panic!

There’s no point in panicking when we find ourselves unable to make another decision at the end of a long day. Sleeping replenishes our ability to make smart choices overnight. Next morning we’re back to a clear head and able to make important decisions.

This is useful to know. If we feel decision fatigue is setting in it means we should rein things in for the rest of the day. It means, don’t schedule important meetings in the evening and use mornings more strategically.

It pays to take a day out.

We all get busy, and we all get stressed out from time to time. When a good nights’ sleep doesn’t seem quite enough to bring our decision-making batteries back to full strength, it may be a good idea to take the day off. It’s time to break into the cycle by doing something fun, relaxing, de-stressing, and most importantly, making as few decisions as possible. But, if taking the day off, or waiting for the following morning simply isn’t an option, go outside, get some air, and clear your head before making your decision. While this won’t work as well as sleep or a day off, it may be just enough to give you that little boost of energy and willpower you need to make the right decision.

Time for a Holiday?

You know from experience how invigorating and restful a holiday can be. Take advantage of this and come back ready to make those important decisions about the future of your company, your family, or what projects you want to tackle during the next quarter. Learning to recognize the signs of decision fatigue is probably far more important than any important decisions we may need to make. There are negative implications trying to withdraw some decisions, and sometimes we simply can’t do that. Better to avoid the problem in the first place by going at decision making with a clear head.

Stay Alert, Stay Safe

[Find out more on Yammer or the Fatigue Reduction site](#)

