

DECISION FATIGUE FIRST AID

When every choice feels like too much.

Feeling stuck or mentally overloaded? You might not be indecisive—just tired. This mini-reset helps you regroup and move forward with clarity and care.

Step 1: Quick Self-Check

Ask yourself:

- What's draining me right now?
- Am I mentally tired, emotionally flooded, or just disconnected?
- How am I doing with sleep, food, movement, and rest?

Take a breath. Start there.

Step 2: Reset Your Brain

Try one:

- Drink water
- Move or stretch
- Do a 2-minute brain dump
- Step outside
- Use a sensory tool (warm mug, candle, fidget)

This isn't procrastination—it's a reset.

Step 3: Sort the Decision

Use the 4Ds to lower the pressure:

- Delay – Can this wait?
- Delegate – Can someone else decide?
- Default – What's "good enough" for now?
- Do – What's the next smallest step?

You don't have to solve everything—just move one thing forward.

Step 4: Notice the Script

Notice what you're telling yourself:

"I should know what to do."

"This has to be perfect."

"I'm failing at this."

Try this instead:

"I can take one step."

"I don't need to figure it all out today."

"Good enough is enough."

Reminder

Decision fatigue is your brain asking for care, not judgment.
Start small. Keep it kind.

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