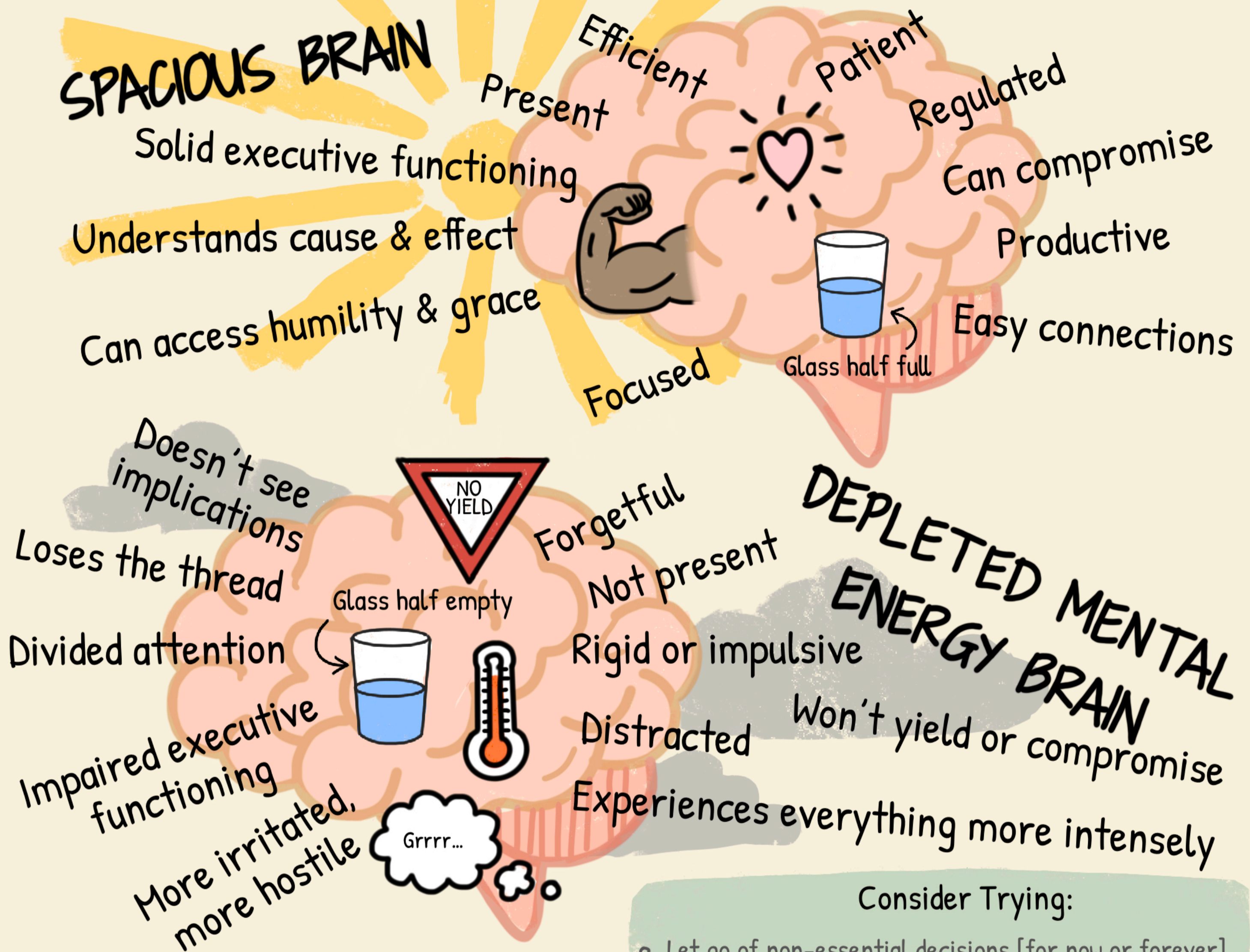


THE TRAUMA STEWARDSHIP INSTITUTE'S take on
DECISION FATIGUE & COGNITIVE OVERLOAD



Some Contributing Factors:

- Systematic oppression & structural supremacy
- Trauma
- Day-to-day triaging
- Social media & screen distractions
- The news
- Caretaking
- Opportunity cost signaling
- Multi-tasking & interruptions
- False urgency
- Fatigue/low blood sugar/dehydration
- Chaotic atmosphere
- # of decisions already made
- Not taking breaks
- Existential stress

Consider Trying:

- Let go of non-essential decisions [for now or forever]
- Overdeployment
- Minimize likelihood of wandering attention
- Maximize effectiveness of breaks
- Be mindful of cortisol & adrenaline
- ↓ urgency & maintain perspective
- Holistic health [nutrition, hydration, movement, etc.]
- Time outside
- Nervous system resets [acupuncture, cold h2o, mindfulness practices, animals, etc.]
- Notice what's going well
- Avoid impulse decisions
- Front-load during high mental acuity times
- Implement habits
- "Why am I doing what I am doing?"
- Know when to call it a wrap
- Sleep
- Simplify