THE TRAUMA STEWARDSHIP INSTITUTE'S take on

DECISION FATIGUE & COGNITIVE OVERLOAD

Patient Efficient SPACIOUS BRAIN Regulated Present Solid executive functioning Can compromise Understands cause & effect Productive Can access humility & grace Easy connections Focused Glass half full

Doesn't see implications Loses the thread Glass half empty Divided attention Impaired executive functioning More irritated.

More hostile Corrr...

DEPLETED MENTAL
ENERGY BRAW
Inromi Forgetful Not present Rigid or impulsive Distracted

Won't yield or compromise

Experiences everything more intensely

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]
- Overdeptoyment
- 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

The Trauma Stewardship Institute 2022

