



ABCs of BEST-ness

Mental Fatigue

November 2, 2020

Are you feeling tired? Yes, you probably are. Living during a pandemic means we have been on total sensory overload. We have been taking in complicated and quickly changing information, adjusting to changes in routines, self-monitoring our physical well-being and that of those around us, and taking in environmental changes that greet us at the front door of any location we visit. It's been a lot.

Mental fatigue can result when we are exposed to sensory overload--too much, too often, from too many directions. That pretty much sums up

2020! You can combat mental fatigue by limiting sensory input (e.g., put down your phone, shut off the television, sit somewhere quiet), giving yourself a break from decision-making (e.g., simplify options, plan for periods of solitude), being intentional about recovery (e.g., go to bed early, schedule breaks, plan for relaxation) and, of course, eat-drink-sleep right! Small efforts made to compensate for all of the areas of "too much" will make a difference!

Use the buddy system! Call us 24/7 at 877.256.9302 for phone-based support!

If you feel that the support of a counselor or professional coach would be of help to you, call our 24 hour, REALiving EAP Call Center at 1.877.256.9302 for assistance.

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