WHAT IS DECISION FATIGUE?

We make many thousands of decisions every day. It's exhausting! Decision fatigue refers to that sense of exhaustion, as well as our reduced capacity to make responsible decisions after a long period of decision-making. Limiting options, creating routines that reduce decision-making, and making important decisions early in the day can improve your capacity to make good choices.

Using strategies to reduce decision fatigue encourage Responsible Decision-making, one of five core Social Emotional Learning Competencies. Learn more here: bit.ly/