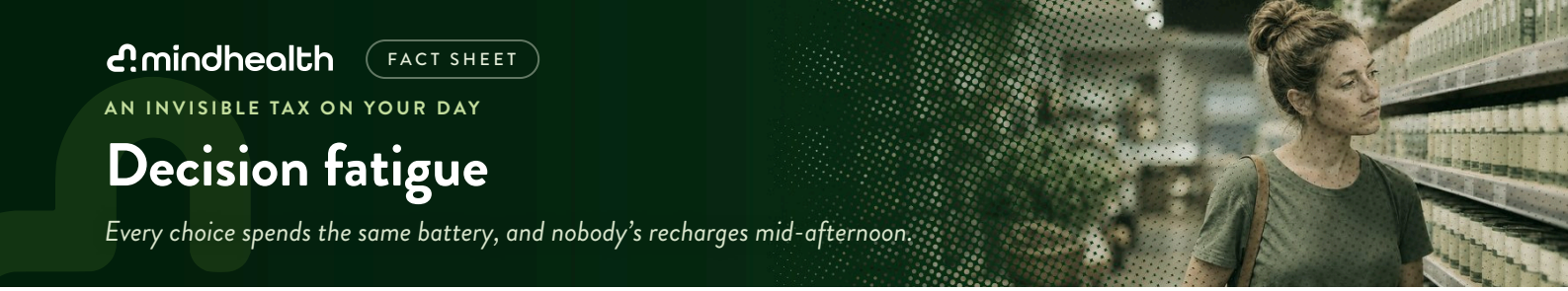
mindhealth FACT SHEET

AN INVISIBLE TAX ON YOUR DAY

Decision fatigue

Every choice spends the same battery, and nobody's recharges mid-afternoon.



A finite budget
Every choice spends it

The fog
Late-day choices feel heavier

Protect the big calls
Decide them early

01 Why small choices exhaust you

Deciding is work, and the brain doesn't much care whether the decision is a house deposit or what's for dinner, because each one draws on the same limited pool. Stack up dozens of micro-choices and by evening the tank is empty. That's when we snap, freeze in the corridor of options, or default to whatever's easiest, not because we're weak but because we're spent.

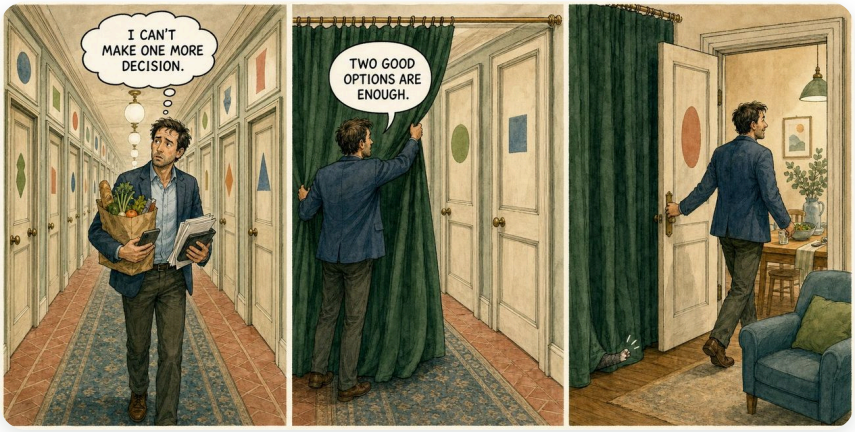
02 Spend the budget on purpose

The fix isn't deciding harder; it's deciding less. Routines and defaults quietly delete whole categories of choice: the same weekday breakfast, clothes set out the night before, bills on auto. For what's left, "two good options are enough". More research rarely improves that choice, it just drains you. Save the full battery for the calls that deserve it.

03 What genuinely helps

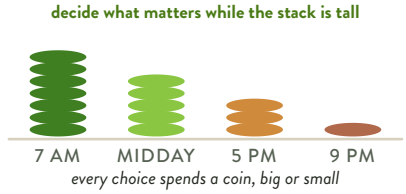
- Making big decisions early in the day
- Defaults and routines for the small stuff
- The two-good-options rule
- "Good enough" for low-stakes choices
- Batching: one decision session, not fifty

A PRACTICAL STORY



THE BUDGET

A finite daily spend



The stack shrinks with every choice, big or small. Spend the morning coins on what matters most.

PRACTICAL TOOLKIT

Shrink the menu

1. Automate one daily choice this week
2. Cap options at two, then pick
3. Park it: "I'll decide at 10am"

Fewer decisions, better decisions.

WHEN TO SEEK HELP

If choice overload comes with constant worry, low mood or burnout, a psychologist can help you find the pattern underneath. Ask your GP about a Mental Health Treatment Plan.

DID YOU KNOW?

The term decision fatigue is credited to social psychologist Roy F. Baumeister. Researchers still debate exactly how it works.

Baumeister et al., Journal of Personality and Social Psychology, 1998

THE KEY TAKEAWAY

You don't need more willpower. You need fewer open doors, and two good options are enough.

Need support right now? Lifeline **13 11 14** · Emergency **000** — available 24/7. More options: **mindhealth.com.au/urgent-help**

TALK TO US WHEN YOU'RE READY

Parramatta and online, Australia-wide · **Book at mindhealth.com.au**

1300 084 200

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