



Mental Fatigue

Tuesday, 31 March 2020

In today's professional and personal climate, under the right mix of circumstances, it's easy for employees to begin to feel overwhelmed and anxious – like they're giving too much of themselves and no longer living for them.

Oftentimes it's hard for many people to pinpoint why they feel this way – they have a great job, a great family, a great everything, many would say, except they are extremely busy at work. They don't know what the feeling is, but they know that something hasn't been right for a while.

Their doctor may not regard the symptoms mentioned above as diagnosable of a particular condition, but they know they are real because they feel them.

If this sounds like a familiar situation for you or someone you know, then they may be suffering from mental fatigue.

The most easily identifiable signs of mental fatigue:

Mental fatigue occurs when the brain is under constant mental stress – overstimulated. It's evident in someone's efficiency in their work and/or schooling environments, but presents itself most prominently in difficulty sleeping normally.

If you are suffering from mental fatigue, you may find it difficult to fall or stay asleep. Sleeping well is crucial for physical and mental wellbeing, and having it affected can have very detrimental run on effects.

Additional signs of mental fatigue to look out for:

- A change in your eating habits;
- Increased physical aches and pains;
- Lack of motivation;
- Feeling numb and detached;
- Confused, overloaded with information.



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How to manage mental fatigue:

Take a step to talk about changing

Making an appointment with a counsellor through your OCP service on 0800 377 990 is a great way to do this.

Decrease procrastination

This may be regarded as an obstacle to recovery.

Manage your activity

Gradually increase your activity levels and decrease avoidance behaviours.

Depression and anxiety

If there is evidence of depression speak to your doctor or OCP.

Managing occupational and social stresses

Many people are unable to find a way to put the brakes on stress. Consider a problem-solving approach to assess the cause of your stress. Be decisive to make a change.

Get connected

Increase time to connect with yourself – with what you love.