



SOCIAL AND EMOTIONAL LEARNING



WHAT IS DECISION FATIGUE?

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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/