

# MENTAL FATIGUE

---



*Mental fatigue refers to losing focus on your job. Studies show the average worker is tuned out of the work they are doing 50% of the time. This is clearly not productive and will lead to a loss of satisfaction. When we are engaged at work our tasks receive deep attention and creative application with effective results. Remember that a simple disturbance such as a text or e-mail can result in a 30-minute delay in your ability to re-engage fully (flow).*

---

## PRACTICE TIPS



If your job fails to get your full attention, this may be for good reasons but remember that being engaged in work can bring us fulfilment as well as success.



Even if a temporary situation, we encourage you to make the best of your work.



When you work, work with body, heart and mind.

Learn to build your capacity for full engagement (flow). This means both the length of time you can stay engaged and the number of times you can return to full engagement when disturbed.



Regular breaks and routines are essential to support engaged work.