



## VeteranCaregiver.com Video Resources

### Recommended Resources: Decision Overload

#### Resources

Decision Overload or Decision Fatigue:

[https://www.huffingtonpost.com/lori-rochino/8-ways-to-combat-decision-fatigue\\_b\\_6794022.html](https://www.huffingtonpost.com/lori-rochino/8-ways-to-combat-decision-fatigue_b_6794022.html)

<http://www.nytimes.com/2011/08/21/magazine/do-you-suffer-from-decision-fatigue.html>

<https://www.developgoodhabits.com/decision-fatigue/>

<https://health.usnews.com/wellness/mind/articles/2017-03-15/the-hazards-of-decision-overload>

<https://www.fastcompany.com/3009641/quick-end-decision-fatigue-before-it-drains-your-productivity-reservoir>

<https://www.forbes.com/sites/chrismyers/2017/04/21/how-to-avoid-self-induced-stress-and-decision-fatigue-in-business/#1ffb8e327feb>

<https://www.npr.org/programs/ted-radio-hour/519264798/decisions-decisions-decisions>

<https://www.npr.org/2017/03/10/519265471/malcolm-gladwell-do-more-choices-make-us-happier>

Video: <https://www.youtube.com/watch?v=NFsVqFF0gTc>

<https://furthermore.equinox.com/articles/2017/09/decision-fatigue>