



Business Recovery
FOR THE NEW NORMAL
PROSPERA BUSINESS NETWORK

Leadership Decision Fatigue: Making the Complex, Simple

Feeling overwhelmed by mounting decisions, drastic changes, and new challenges? Or maybe you just yearn for a time when life was simpler?

Change is tough. You are not alone. Covid has added layers of complexity to all areas of life, especially our businesses. The good news is, there are some remedies for decision fatigue.

Here are three things you can do to simplify your situation.

1. **Clarify your intention, reflect on your goals, and keep sight of your North Star.** When chaos is heightened, little changes can have a big but unpredictable impact. Attention follows intention, so while we can't possibly control all factors of an outcome, we can trust the direction of our attention by setting a clear intention. Trusting in the direction we are heading frees up energy to solve more pressing and tangible problems.
2. **Gain perspective.**
 - a. Give space to take stock of your emotions and acknowledge what is uncomfortable. That could be through journaling, mediation, yoga, cardio exercise, or even a long drive without distractions. This is an important step to regulating the chemically induced physical distractions inside your body.
 - b. Fully explore both the big picture and the details. Most people tend to rely on one of these lenses. Both are critical and exploring the perspective you are less comfortable with will deepen what you already see. If you know the other perspective triggers anxiety for you, set some structure or engage a partner in your reflection.

For example, if you tend to be detail oriented, journal for 2 minutes about all of the details that come to mind. Try to keep writing this whole time. Set your pen down, walk to another room and briefly look around. Then do the same journaling exercise for the big picture. Check that the second actually reflects the perspective you're trying to take on and if needed, try again. If you start to feel overwhelmed, physically walk away for a bit. Then go back to the first entry and see if there is anything to add or take away. The key here is to fully immerse yourself in both perspectives, like a pendulum. If you stand on the fulcrum, you can never understand the entire spectrum.

Keep in mind it may be helpful to work through other perspectives as well, such as time (past, present, future).

3. **Reference a framework for greater understanding.** Imagine the difference between a desk littered in papers and an uncluttered desk with a filing cabinet. An overload of data points can easily overwhelm. Leaning on a framework to help you organize your thoughts will lessen fatigue and free your mind for greater clarity.

Covid continues to change the way we do business. Like a muscle, we gain strength and by lifting our intention, stretching our perspectives, and exercising our ability to make sense of a situation. The yield becomes greater resilience and simplicity, which afford greater energy for productivity, innovation, and ultimately less fatigue.

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Funded in part through a Cooperative Agreement with the U.S. Small Business Administration. All opinions, conclusions, and/or recommendations expressed herein are those of the author(s) and do not necessarily reflect the views of the SBA.