**Fatigue - Brain Drain**

* Become aware of “brain drain” (mental tiredness)
* Write down how you feel at different times of the day
* Make a chart
* Notice if you make mistakes, forget more often, get grumpy, clumsy, irritable
* Does communication break down with friends, partners, family?

**Remember** levels of brain drain

 **High Brain Drain**

Anxiety / worry

Stress

Driving

Decision making

New tasks

New learning

Complicated instructions

Busy schedule

Noise

Parties

Conversations with lots of people

Simple information

One to one conversations

Quiet situations

Routine activities

Simple tasks

 **Low Brain Drain**

**NB:** Everyone is different