

# ASHBY ADVISOR

Eighty-first edition  
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It's been a while since I've sent a note out to everyone. Just been busy. So let's get started with some useful information to help make life easier/more enjoyable.

**Decision fatigue:** This is really fascinating topic. For most of the history of mankind the number of decisions we had to make in a day has been fairly minimal. A lot of things people did just required minimal decision making. Today's electronic world is a huge brain processing/decision/information filtering mess. We are constantly bombarded by information and decisions that have to be made all day long.

Researchers have found that the more decisions we make as the day goes on the more reckless the decisions can be and the worse the decision can be (watch out answering those late night emails). It seems that our brain can only make so many decisions before it starts to falter. This may be part of the reason why most people make their worst eating choices or food buying choices in the evening. Think about it; the brain is tired and wants rest and refueling. But, you can't rest at the moment so you fuel yourself with comfort food.

A research study published by the National Academy of Sciences looked at the judicial rulings (1,112 rulings) of a parole judge over a ten month period. They found that the judge's decisions were favorable 65% of the time for the parolee early in the day and right after lunch. By the end of the morning and end of the day they were near zero. Type of case did not seem to matter. Scary to think justice is influenced this way.

## Actions to Relieve/Avoid Decision Fatigue

- 1) Don't make unnecessary decisions early in the day. Picking out clothes is a decision. Do it for the week on Sunday. Make things as automatic as you can. This allows you to make fewer decisions.
- 2) Limit choices. Keep these down as much as possible. Looking at 50 items on a menu will probably get you to a poor choice of unhealthy food, especially when really hungry.
- 3) Make important decisions earlier in the day.
- 4) Rest the brain if you feel fatigued. Power nap before making big decisions if tired.
- 5) If you are feeling fatigued and need to make an important decision, try to eat something with carbs (15-25grams) 15-20 minutes before that important decision is made. Drink water if you've neglected this.

Quote:           Enjoy Today, Not Tomorrow, Not Yesterday, Today.....