



Overcoming mental exhaustion: Mental fatigue tips and strategies

Here's how psychiatrist and CEO at PsychPlus, [Faisal Tai](#), explains mental exhaustion:



"If left unaddressed, long-term stress can prompt simple tiredness to worsen and turn into long-term mental fatigue, or mental exhaustion. This state is usually characterized by impaired cognitive skills such as:

- *Memory,*
- *Thinking, and*
- *The ability to make decisions and solve problems."*