

Mental Fatigue — What We Can Do

Purpose

We're reducing cognitive load and restoring energy, focus, and choice.

How to Use

When mental fatigue shows up, keep it simple and kind: choose one real situation you're facing, move through each section of the worksheet without overthinking, and then take the smallest next step today. Treat this as a gentle reset—clarity over complexity, momentum over perfection. The goal isn't to power through; it's to create a doable action that restores a bit of energy and focus. One step completed is enough for now, and it's how we begin to feel better.

Let this worksheet be a companion you can use on your own—steady attention, clarifying needs, and building momentum—or bring it to a mental health practitioner for added support and accountability.

Working with a therapist, counselor, or coach can deepen the insights you gain here and help translate them into sustainable change. However you use it, focus on completions over perfection and trust that small, present-focused actions add up.

1. Quick Self-Check

- Current fatigue (0–10): ____
- Signs we notice (check): indecision short attention word-finding trouble memory slips irritability physical heaviness other: _____
- Likely contributors (check): workload family/caregiving conflict (personal/societal) sleep debt health systemic stressors other: _____ Energy focus (circle):
Mostly Past / Mixed / Mostly Present

2. Sleep & Rest Reset

- Bedtime/Wake target (this week): _____
- Wind-down cue (check): lights down 30 min screens off 30 min gentle breath journal warm shower other: _____
- - One action tonight (≤ 10 min): _____

3. Personal Time (Right Sized)

Choose one small move to signal "I'm here."

- Micro-rest option (check 1–2): coffee/tea ritual 5 min bathroom reading podcast on commute solo date (movie/museum) walk alone other: _____
- - When/where we'll do it: _____
- Boundary to protect it: _____



4. Reflection Practice

- Mode (check): silence prayer meditation journaling gratitude list repetitive craft (weaving/coloring) walking meditation
- Timing: _____
- Prompt (choose one): "What helped today?" / "What do I release?" / "One synchronicity I noticed: _____"

5. Productive Distraction

- Choose one activity (check): cooking quilting/craft puzzle friends/family time learn a new skill short video break
- Duration: 10 min 20 min 30+ min
- Start time: _____

6. Move our Bodies

- Movement type (check): gentle aware/somatic low-impact HIIT (if appropriate) 15-minute walk
- Location: _____
- One measure to track (check): minutes steps heart rate mood shift energy shift

7. Remember to Breathe

- Technique (check): diaphragmatic paced breath 4–6 guided breathing (U-M exercises) 5-4-3-2-1 senses
- Where we'll practice today: _____
- Before/after stress (0–10): Before ___ → After ___

8. Context Check

Identify the factors that are influencing your fatigue. There may be more than one, and they may not be "solvable".

- Conditions shaping fatigue (choose 1–2 to focus on): workload/labor precarity; caregiving; systemic racism/sexism; ableism; economic stress; housing; health disparities; collective trauma.
- Supports we can engage:

- Boundaries we can communicate:

9. Smallest Next Step

- Action (verb + object + place/time): _____
- Start now. Mark completion: done



10. Pause & Reflect

- What changed, even 1%: _____
- Fatigue rating (0–10) now: ____
- One thing to repeat tomorrow: _____

Anti-Oppression Note

Mental fatigue is real and measurable—not a personal flaw—and our conditions matter: workload and labor precarity, caregiving, health constraints, unsafe housing, economic pressures, discrimination, and access to resources all shape attention, sleep, mood, and energy. An anti-oppressive lens means we center dignity, consent, safety, and fit-to-context over “pushing through.” We restore capacity by small, consistent actions—sleep hygiene, protected reflection, body movement, breathwork, and supportive boundaries—scaled to real constraints and designed with choice. Plans should flex for time, money, energy, disability, and risk; we adjust pacing, reduce load, and build supports that match conditions. This is care, not compliance: one doable step that respects reality and strengthens agency today.

About NorthFeather

NorthFeather Coaching provides anti-oppressive, parts-aware coaching and facilitation for growth, resilience, and change.

NorthFeather Solutions is a coaching and consulting practice led by Carrie E. Neal. It focuses on human-centered, anti-oppressive approaches to personal, executive, organizational, and spiritual development. The work emphasizes resilience, nervous-system awareness, and clarity in decision-making, using parts-aware practices (IFS-informed) to help people and teams navigate change with integrity.

Core offerings include 1:1 transformative coaching, classes and group spaces that build emotional intelligence and community, and organizational consulting/facilitation that aligns structures with human needs.

- NorthFeather Coaching: <https://northfeathercoaching.com>
- NorthFeather Organizational Consulting: <https://northfeather.solutions>
- NorthFeather Thoughts (blog): <https://northfeatherthoughts.com>

