

- Burn Out (Psychology)

Tips to overcome brain fatigue

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WRITER'S block, burn out and mental block are all products of brain fatigue. Brain fatigue is a state of tiredness caused by prolonged periods of cognitive activities stemming from an overload of mental capacity. The brain consumes about 20% of the body's energy – processing and transmitting information through electrical signals is expensive in energy use.



Scientific insights into mental exhaustion While brain fatigue is often dismissed or confused with regular everyday tiredness, it is an actual condition that can escalate over time if not appropriately managed, leading to more severe and chronic fatigue syndromes. Universiti Putra Malaysia Neuroscience and Genetics professor Dr Michael Ling said brain fatigue is a complex condition that is still being researched despite scientists studying the topic for decades.

“Mental overload over a prolonged period leads to a sensation of tiredness known as brain fatigue, which comes with associated symptoms. This is linked to the buildup of the neurotransmitter glutamate in the prefrontal cortex. In simpler terms, it is like being in a noisy, crowded room where you cannot hear anyone.”

Managing brain fatigue through wellness practices

Ignoring fatigue has consequences, such as reduced work performance and disruption to personal life. Those with brain fatigue can manage it better with lifestyle changes and good nutrition.

Meaningful Activation Brain Health coach Nasreen Ma shared overcoming brain fatigue requires more than a cup of coffee and understanding it is the first step to managing our brain health.

“A balanced lifestyle includes prioritising sleep, exercise on top of slower specific coordinated movements, mindfulness, strengthening spiritual and social connections, reducing screen time, proper diet and practising relaxation techniques such as deep breathing or yoga are keys to reclaiming your mental energy and living a revitalised, productive life.”

Fight brain fatigue naturally

Suntory Beverage & Food Asia Pacific senior research director Dr Hiroshi Watanabe emphasised the importance of consuming protein-dense foods that help cognitive performances. When it comes to diet, amino acids, such as L-Histidine, play an essential role in boosting brain health.

L-Histidine is a building block of proteins that has been clinically proven to improve cognitive performance and is commonly found in protein-rich foods, including the essence of chicken.

“While the scientific term may sound foreign, it is easy to increase your protein intake by consuming chicken, beef and chicken essence. It is also important to take a preventative approach to your diet by ensuring you consume sufficient protein early before the cognitive function begins to decline,” said Watanabe.

It is important to create discussion and awareness on brain fatigue as nurturing one’s mental sharpness and physical well-being creates a powerful foundation for success. A healthy body fuels a clear mind to tackle challenges with focus and resilience. Incorporating exercise and proper nutrition into your routine can effectively combat brain fatigue and unlock your full potential.

So if you are experiencing brain fatigue, employ these tips to live a healthier life as the secret to a fulfilling life is one that is balanced and healthy.