



Pathways to Anxiety Free Decision-Making in the Workplace

As the nature of the workplace is constantly evolving, there is an expectation for us to make faster, more effective decisions. The pressure of this can be stressful and can lead to anxiety.

One of the ways anxiety interferes is by leading decision-making astray. Now, making decisions often requires taking a risk, not knowing how it will all turn out. For this reason, decision-making can cause anxiety, which in turn can paralyse us from making decisions.

Why is it so hard to make decisions?

Decision-making isn't just picking between options; it involves complex brain processes. It's hard because each choice carries potential consequences.

Our brains are wired to anticipate these outcomes. We're constantly trying to predict the future, weighing pros and cons, which can be overwhelming.

Let's look at different ways you can make decisions without the constant feeling of anxiety:

• Slow down and break it down

Large decisions can seem daunting. Break them down into smaller, manageable parts. This reduces the perceived risk and complexity, making the decision-making process less intimidating. One way to slow your brain down is to engage in mindfulness activities that makes you feel good.

• Understand why you are feeling anxious

Before tackling decision-making anxiety, identify its source. Is it fear of failure, concern about others' opinions, or lack of confidence in your judgement? Recognising these factors helps in developing targeted strategies to combat them.

• Determine what you can and can't control

Once you are in a good mindset, remind yourself that you can't and don't need to control and manage everything. Narrow down what you need to focus on, write out pros and cons. When everything is written down in black and white, it can be easier to put things into perspective. This is all a part of training your brain that you can confidently make decisions.

• Embrace the possibilities of failure

You are not always going to get it right! All your choices have consequences; good and bad. You are making the best decisions that you can with the information that you have. Don't be scared to fail. Ask for help, seek guidance from those who have made good decisions and trust yourself.

• Limit your choices

Many options seem like a nice to have but there is such a thing as 'too many choices'. Choice overload can make you more likely to avoid picking anything at all.



Making a lot of decisions in a short period of time can lead to decision-making fatigue. Instead of thinking about it, we just want to "get it over with" - we start to create a "I don't care" attitude. After spending a long day at work, you might not want to spend hours in the kitchen making a healthy meal. And because you are experiencing decision making fatigue, a healthier choice becomes less important. It would be easier to just get take-out on your way home instead.

Together, let's make decisions courageously even in the face of anxiety!

