



Human Optimization

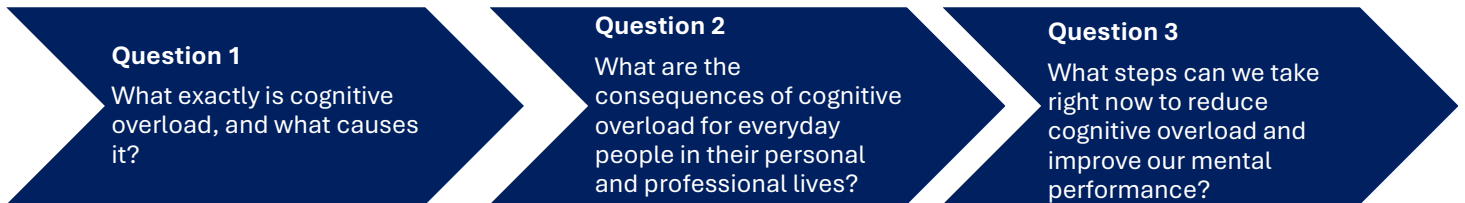
Pod Club Discussion Questions



E9 Cognitive Overload: Overcoming the Modern Epidemic of Mental Exhaustion

Guest: Justin Anderson, Psy. D., LP, CMPC, Owner/Founder | CEO | High Performance Psychologist
Premier Sport Psychology

The three big questions explored in the podcast:



Discussion Questions:

1. Dr. Anderson describes a feeling of cognitive overload "when the demands of our life exceed our mental capacity." Think about a recent situation in your personal or professional life where you felt this way. What did you notice in the moment or perhaps the effects later that day or week?
2. The podcast distinguishes between acute cognitive overload and chronic burnout. How do you recognize the early signs of cognitive overload in yourself? What strategies do you currently (or plan to) use to prevent it from escalating into chronic burnout?
3. The discussion highlights that multitasking often hurts rather than helps, due to "switching costs." What is one specific area in your work or personal life where you could intentionally practice single-tasking to reduce cognitive load?
4. Dr. Anderson introduced the concept of the "stress threshold" as how much stress you can handle at the moment. Right now, what would you rate your "stress threshold" on a scale of 1-10 (10 being highest)? He also emphasizes that sleep, exercise, and nutrition can "increase your stress threshold." Which of these foundational elements do you feel is most critical for you in managing cognitive overload, and what small adjustment could you make to improve it?
5. The concept of "attention" as a controllable resource is powerful. The call to action suggests turning off non-essential phone notifications. How else could you be more intentional about directing your attention away from distractions and towards what truly matters? Try to come up with at least three options that you can share with the group.

6. The episode discusses how cognitive overload can negatively impact executive function, creativity, and empathy. Have you noticed these effects in your own life when feeling overwhelmed?
7. Dr. Anderson mentions that appropriate stress can lead to growth and resilience, similar to strength training. One of the keys is that that stress should be intentional and well understood. Can you recall a time when you pushed through a period of cognitive challenge and emerged stronger or with a new insight? What did you learn from that experience?
8. The challenge of setting a morning intention is offered as a proactive step. How do you typically start your day? Would you be willing to commit to a 5-minute morning intention every day for the next week? If you meet to discuss this as a group, are there other group members who might be willing to do this and hold each other accountable?
9. Based on this episode, what is one small change you are going to make to help improve in this area. How are you going to keep yourself accountable to that and measure your success? (Be sure to keep it simple, start small, and make it very clear).