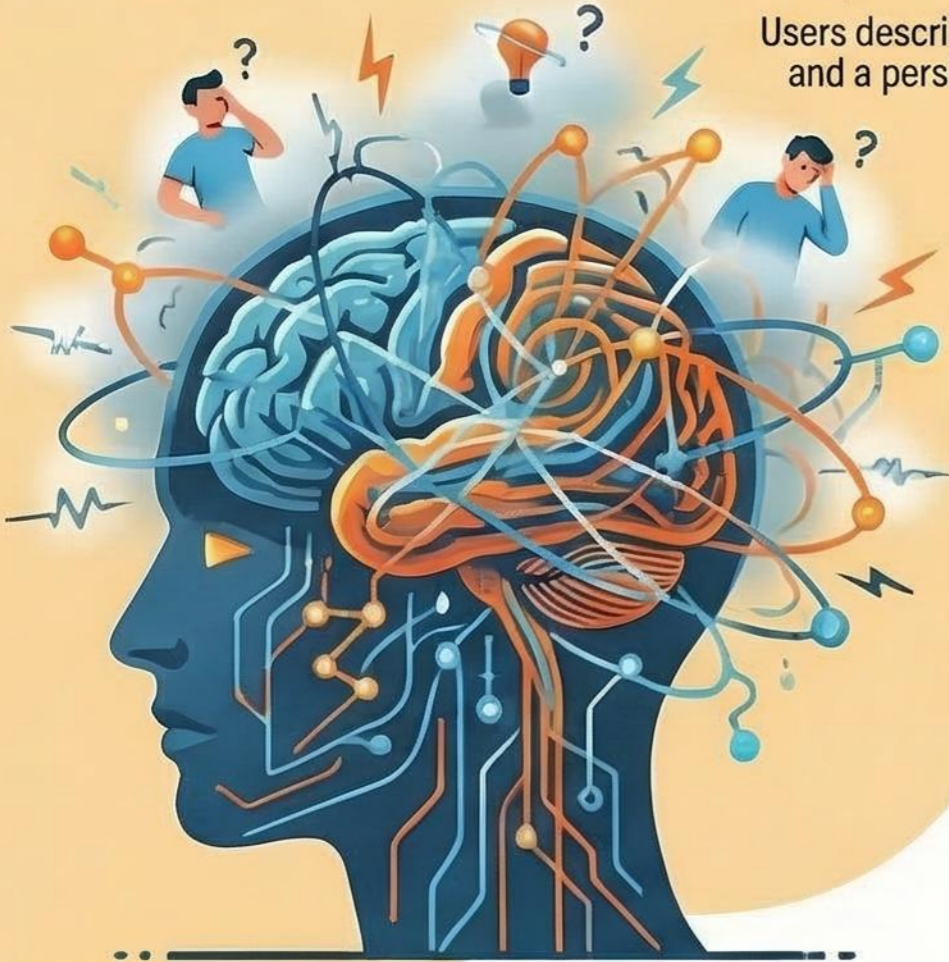


# AI Brain Fry: Managing the Cognitive Costs of Automation

## The Reality of "Brain Fry"

### 14% of Workers Report "AI Brain Fry"

Users describe symptoms like mental "fog" and a persistent "buzzing" sensation.



### Oversight Demands Drive Exhaustion

Constant verification of AI outputs increases reported mental fatigue by 12%.



### 33% Increase in Decision Fatigue

Excessive AI interaction significantly depletes the mental resources needed for high-level choices.

## 10% Increase in Turnover Intent



## Sustainable AI Strategies



### Implement "90/15" Recovery Blocks

Schedule 15-minute cognitive recovery breaks for every 90 minutes of AI interaction.



### Move from Amplification to Augmentation

Redesign work to enhance human capabilities rather than simply increasing task volume.



### Rationalize AI Tool Governance

Limit "brain fry" by standardizing tools and establishing clear usage policies.