

Precis Paragraph

Decision Fatigue

Decision fatigue happens when the brain gets tired after many choices. This leads to poor decisions. Even judges make worse rulings later in the day. Simple tasks feel harder when the mind is tired. People may eat unhealthy food or skip workouts. To avoid this, plan ahead. Reduce small decisions. Use routines, take breaks and sleep well. This saves mental energy. Knowing about decision fatigue helps people stay focused and make better choices. It boosts productivity and health. Small changes can protect the brain from stress. Good habits lead to better control and clear thinking.

Precis Paragraph

Date: 24/4/25

Day: _____

Human and Climate
Climate change is a major global issue. Human actions cause it. Burning fuel and cutting trees increase global warming. This leads to rising seas, disasters, and threats to life. Developed nations are more responsible, but all must act. Tensions exist over fair solutions. Still, there is hope. Green energy and sustainable practices can help. Global agreements like the Paris accord offer a path forward. People can make a difference through daily choices. Climate change affects everyone. It is about human survival. We must act now to protect the earth and future generations.