

# How to Rebuild Mental Tolerance

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Provided by Fanart Central.

<http://www.fanart-central.net/stories/user/Retry/61514/How-to-Rebuild-Mental-Tolerance>

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## 0 - How to Rebuild Mental Tolerance

Mental tolerance doesn't bounce back overnight — it's something you rebuild layer by layer. I found that traditional rest wasn't enough; I needed to actively support the recovery process. When I started reading through community stories on Amanita Universe <https://amanita-universe.us/> , I saw people rebuilding that mental "muscle" with the help of subtle plant-based support. Dried fly agaric stood out because it doesn't force energy or fake focus — it lets your mind soften enough to recover between demands. I started using it gently during low-pressure moments, and over time, my mental bandwidth increased without forcing it. It helped me reengage with life without triggering that internal resistance that so often follows burnout.