

FATIGUE MANAGEMENT

Toolbox Talk Three - 11 Ways to Fight Fatigue



11 Ways to Fight Fatigue

What can we do feel less fatigued

1. If you have persistent fatigue, see your doctor. There are many treatable causes, and fatigue can be a sign of something else that requires medical attention.
2. Stop blaming fatigue exclusively on sleep. If you have a significant insomnia, by all means, seek treatment. However, even our most effective strategies for insomnia (Cognitive Behavior Therapy and medications) do not always eliminate a fatigue problem.
3. Look for common contributors to fatigue and engage in some proven strategies to address it. (See below.)
4. Change the way you think about fatigue. One of the best predictors of fatigue is whether you tend to ruminate about how badly you feel when feeling tired. Focusing on the sensations of fatigue is an excellent way to ensure that the fatigue will persist. Distract yourself, or better yet, get active and do something you would enjoy.
5. Gradually increase your level of physical activity.
6. Watch what you eat. Certain foods result in feeling sluggish or create a sugar crash later; eat well now to sustain the feeling of energy.
7. Reduce caffeine. Caffeine is a short-term fix because after a substantial amount of the caffeine is eliminated from the body, you will experience withdrawal symptoms of fatigue (a caffeine crash). Stay hydrated—dehydration causes fatigue.
8. Manage your stress. Chronic stress causes symptoms of fatigue but there are many ways to manage it, including support from loved ones and/or professionals, yoga, mindful meditation, saying no, pleasurable activities, and relaxation strategies.
9. Take breaks. If your eyes are burning and your body is aching at the computer, it is time to get up and take a break. You will be more productive if you take a moment to stretch and breathe.
10. Ride out the wave of the post-lunch dip. We all experience a small dip in energy in the early afternoon. Drinking coffee now will lead to caffeine withdrawal and fatigue in the evening. Focus on some of the other strategies in this list instead.
11. Seek treatment for anxiety, depression, pain, and sleep disorders, as these can cause fatigue or make it worse.

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