

# Fatigue Management

## Self-Help Tips to Fight Tiredness



**MOBILE  
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Many cases of tiredness are due to stress, not enough sleep, poor diet and other lifestyle factors. Try these self-help tips to restore your energy levels. If you feel you're suffering from fatigue, which is an overwhelming tiredness that isn't relieved by rest and sleep, you may have an underlying medical condition. Consult a doctor for advice. All information via the National Health Service (UK).



### Eat Regularly

A good way to keep up your energy through the day is to eat regular meals and healthy snacks every 3 to 4 hours, rather than a large meal less often.



### Get Moving

You might feel that exercise is the last thing on your mind. But, in fact, regular exercise will make you feel less tired in the long run, so you'll have more energy. Even a single 15-minute walk can give you an energy boost, and the benefits increase with more frequent physical activity. Start with a small amount of exercise. Build it up gradually over weeks and months until you reach the recommended goal of 2 hours 30 minutes of moderate-intensity aerobic exercise, such as cycling or fast walking, every week.



### Sleep Well

Many people don't get the sleep they need to stay alert through the day. Tips for sleeping well include: going to bed and getting up in the morning at the same time every day, avoiding naps in the day, and taking time to relax before you go to bed.



### Reduce Stress to Boost Energy

Stress uses up a lot of energy. Try to introduce relaxing activities into your day. This could be: working out at the gym, yoga or tai chi, listening to music or reading, or spending time with friends. Whatever relaxes you will improve your energy.



### Try Talk Therapy

There's some evidence that talking therapies such as counseling or cognitive behavioral therapy might help to fight fatigue, or tiredness caused by stress, anxiety or low mood. If your job site offers on-site medical services they may be able to provide a referral!



### Cut Out Caffeine

It is recommended that anyone feeling tired should cut out caffeine. It says the best way to do this is to gradually stop having all caffeine drinks over a 3-week period. Caffeine is found in: coffee, tea, soda, energy drinks, and some painkillers and herbal remedies. Try to stay off caffeine completely for a month to see if you feel less tired without it. You may find that not consuming caffeine gives you headaches. If this happens, cut down more slowly on the amount of caffeine that you drink.



### Drink Less Alcohol

Although a couple of glasses of wine in the evening can help you fall asleep, you sleep less deeply after drinking alcohol. The next day you'll be tired, even if you sleep a full 8 hours. Cut down on alcohol before bedtime. You'll get a better night's rest and have more energy. Try to have several alcohol-free days each week.



### Drink More Water

Sometimes you feel tired simply because you're mildly dehydrated. A glass of water will do the trick, especially after exercise.



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