



Energy and fatigue

Exhaustion has been linked to issues with appetite regulation, heart disease, increased inflammation and a 50% increase in your risk of viral infection.

Feeling tired is a common experience. It can be caused by disrupted sleep, a change in routine, or the appearance of stressors in your life.

No matter the reason, tiredness can push us to our limits emotionally and mentally. In some cases, extreme tiredness sets in. This is called exhaustion.

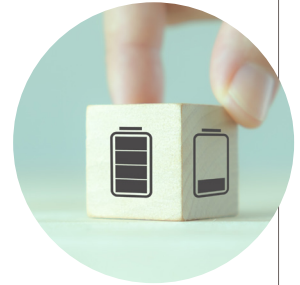
How can you tell if you're tired or exhausted?

- Exhaustion (or fatigue) becomes a problem when it continues day to day, affecting your health and safety. Examples of exhaustion include lack of physical or mental energy, inability to stay awake/alert or difficulty concentrating and/or maintaining emotional stability.
- Fatigue can be due to lifestyle choices such as unhealthy eating or other factors including lack of sleep.
- If exhaustion begins to leave you drained and unable to complete anything, talk to your doctor. They may run tests to find if there are any underlying health issues causing this.
- Tiredness affecting your ability to work, socialise and participate in family activities is also a red flag - as is you or your family needing to make accommodations to deal with your symptoms.



MAINTAINING YOUR ENERGY LEVELS.

There are things you can do to enhance your own natural energy levels without the need for an energy drink or endless cups of coffee.



Here are our top five tips:

- 1. Control stress.** Stress-induced emotions consume huge amounts of energy. Talking with a friend or relative, joining a support group, or seeing a therapist can all help diffuse stress. Relaxation therapies like meditation, self-hypnosis, yoga and tai chi are also effective tools for reducing stress.
- 2. Limit alcohol.** Alcohol can make you feel drowsy, but it can also interfere with the quality of your sleep. If you drink regularly, limiting the amount of alcohol you consume could help improve your energy levels.
- 3. Eat well.** A diet based on whole, healthy foods benefits your health as well as your energy levels. In contrast, a diet high in processed foods can negatively affect your stamina.
- 4. Avoid foods loaded with added sugar.** Eating foods high in sugar can give you a short-term energy boost followed by a slump. To avoid this, minimise your intake and focus on eating whole foods instead.
- 5. Exercise.** When you exercise your body releases hormones called epinephrine and norepinephrine that, in modest amounts, can make you feel energised. It gives your cells more energy to burn and circulates oxygen more effectively. Even a brisk walk is a good start.

For more information on this topic, visit **client.healthbydesign.app**

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