

# Managing fatigue



Fatigue can be caused by a number of factors such as personal issues including stress, anxiety, depression, poor lifestyle choices, medication, medical conditions, home circumstances, or working conditions.

We all have days when we feel tired, but for some people this becomes an ongoing problem. Chronic fatigue can lead to reduced productivity and an increased risk of injury and illness.

## What are the symptoms of fatigue?

Someone who is suffering from exhaustion or fatigue may display the following signs and symptoms:

- A constant desire to sleep.
- Irritability.
- Poor memory and concentration.
- Reduced capacity to judge risk.
- Reduced capacity for communicating with others.
- Reduced hand-eye coordination and reduced visual perception.
- Reduced vigilance and slower reaction times.

There are some measures you can put in place to manage fatigue. Some of these include:

- **Exercise.** Work out for 20-30 minutes, 5 days

a week as exercise can increase your energy levels.

- **Eat a healthy, balanced diet.** Include lean protein, complex carbohydrates, and plenty of fruit and vegetables. Stay away from processed foods, unhealthy fats, and reduce your alcohol intake.
- **Take frequent breaks.** Every hour or so, try to give yourself a break. Go for a walk or have some water. Try to have your lunch away from your desk if you can.
- **Drink plenty of water.** Dehydration can cause fatigue. Drink eight glasses of water a day.
- **Maintain regular work hours.** While occasional overtime may be required, it shouldn't become the norm. Try to keep routine work hours if possible. Arriving very early and leaving very late can lead to a cycle of exhaustion.

If your fatigue is not caused by poor lifestyle or overworking, it is crucial that you see a doctor and/or a psychologist who can help you to determine the cause of your fatigue. Fatigue is manageable; you don't have to live with it.