

Fatigue

What Is Sapping Your Energy?



You can't be at your best when you don't feel well. If you're constantly feeling drained and sluggish or you're uninterested in the things that used to give you satisfaction and pleasure, you may suffer from fatigue. Fatigue can signal many things, from physical conditions like anemia, to mental or emotional conditions like depression. Take a good look at the components of your life and really analyze what's going on.

Diet, Exercise, And Rest

How does your body feel? Strong, energized, and resilient? Or weak, tired, and depressed? To help answer these questions, look at various aspects of your diet, your exercise program, and your rest patterns.

Really look at what you put into your body. Try incorporating more fresh fruits, vegetables, whole-grain breads, and cereals into your diet. These foods provide starch and fiber. The first is a very efficient source of energy, and the second helps cleanse your digestive track. Supplement your diet with vitamins. Even a carefully planned diet may lack some vitamins specific to your needs.

Make sure you get enough rest. If you do seem to be getting enough rest, yet often feel like you could crawl under your desk and take a nap, then your body may be calling for more exercise. Active people have more energy, are able to handle stress better, and are much less likely to experience fatigue.

Get checkups regularly. This should include regular checkup with both a doctor and a dentist. Make self-care a priority. Emotion And Mental Depression, loneliness, and anxiety can also add to fatigue. These feelings may be an alert that you need to make some changes in your job, your family life, or your social life.

Look at your daily patterns. Think through a normal day and pinpoint what causes you the most dread or apprehension. Make changes to minimize these responses. Fatigued people may think they are too tired to spend time with friends or family, but they should avoid isolation. Reaching out to others for help, and being honest about feelings, will strengthen, not weaken a person.

Learn to focus on the things which are important to you. If you are spreading yourself too thin, learn to say "no" more often.

If you spend time worrying, stop; it's only wasting your energy. Instead, take active steps to alleviate a concern or correct a problem. That's positive and constructive. Once you identify the source of your draining energy. Once you identify the source of your draining energy, feel confident you can plus it up and feel better.