

# Tip sheet

## Fatigue

When we're feeling energised, it's like nothing can stop us and everything feels easier. On the other hand, when we're dealing with short or even long-term fatigue, it can significantly impact our daily lives and make it difficult to get through the day.

Sometimes fatigue can go away on its own, but being proactive and taking steps to improve your situation is always best for your overall wellbeing.



### Why am I always so tired?

To begin with, fatigue includes a variety of aspects beyond just sleepiness, such as muscle weakness or weariness, decreased motivation, lack of concentration and 'brain fog'. In some cases, the symptoms may get worse with physical or mental exertion.

#### Common causes of fatigue

- Having an illness (cold, flu, COVID etc,)
- Sedentary lifestyle
- Overwork and/or general stress
- Not eating well enough.

If none of these seem to be the case for you, it may be worth consulting your doctor.

#### Further possible causes of fatigue

- Heart disease
- Hypothyroidism (underactive thyroid)
- Sleep disorders
- Medication with a drowsy side-effect

- Hormonal changes
- Anemia
- Depression or anxiety
- Chronic fatigue syndrome.

### Natural approaches to fatigue

It's always best to speak with your doctor first if you experience fatigue that lasts more than a few days. However, there may be things to try in the meantime.

#### Sleep

##### Prioritise sleep hygiene

Go to bed and wake up at the same time every day, even on weekends.

##### Limit screen time before bed

Avoid electronic devices at least an hour before sleep.

##### Maintain a balanced diet

Incorporate fruits, vegetables, lean proteins and whole grains into your diet.

##### Stay hydrated

Drink plenty of water throughout the day to prevent dehydration, which can cause fatigue.

##### Avoid heavy meals before bedtime

Opt for lighter meals in the evening to aid digestion and improve sleep quality.

#### Exercise

##### Engage in moderate activity

Aim for at least 30 minutes of moderate exercise most days of the week. If it feels too difficult at first, take things slowly to build your stamina.

### **Incorporate variety**

Mix cardiovascular exercises, strength training and flexibility workouts to keep your routine interesting and effective.

### **Listen to your body**

Adjust the intensity and duration of your workouts based on how you feel.

### **Manage your stress levels**

#### **Practice mindfulness and meditation**

Spend a few minutes each day practicing mindfulness or meditation to reduce stress levels.

#### **Limit multitasking**

Focus on one task at a time to reduce mental fatigue.

#### **Engage in relaxing activities**

Hobbies, reading or spending time with loved ones can help alleviate stress.

### **Consider natural supplements**

#### **Consult with a healthcare provider**

Before starting any supplement like vitamin B12, iron or magnesium, or any herbal treatments, discuss your options with a professional.

#### **Stay hydrated with herbal teas**

Teas like green tea or ginseng can offer a gentle energy boost.

#### **Use essential oils**

Aromatherapy with oils like peppermint or eucalyptus can help invigorate your senses.

### **Incorporate probiotics**

A healthy gut can improve overall energy levels, so consider adding probiotic-rich foods.

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### **Contact**

0508 664 981  
assistance@vitae.co.nz  
www.vitae.co.nz