






EMPLOYEE SERIES


Tips for Managing Fatigue


Fatigue is an acute and/or chronic state of exhaustion that is manifested both physically (in the body) and psychologically (in the mind). It's characterised by feelings of tiredness or feeling drained and exhausted. Both individual factors and environmental factors can contribute to fatigue and there are various impacts of fatigue on our health, performance, safety and personal life. The strategies below might assist you in managing fatigue effectively at work:


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Create a comfortable and stimulating work environment. Where possible, regulate the temperature and ensure the work space is well lit. What can you do to make your work place comfortable?
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Think of relevant prioritisation and alternation of tasks. If your work involves safety critical tasks, try complete these when your alertness is highest. Where possible, complete high and low workload tasks alternately or in combination to prevent tasks feeling repetitive and or draining.
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Take frequent breaks. Breaks assist you to relax, change your frame of mind and eventually increase your energy levels again. They help to focus on work tasks effectively after your break. Think about what you need during the breaks in order to increase your energy levels. Does it help you to go for a walk? Do you need to drink water? Talk to someone or have a laugh? Listen to your favourite music?
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Ensure your diet is suitable. Drink sufficient water to keep your body hydrated. Caffeine helps some people to stay alert but it's all about moderation and the right time as too much caffeine isn't helpful. Eat a healthy balanced diet with lots of fruit, vegetables, wholegrain food, low fat dietary products and lean meats. Eat regularly as going without food for too long allows blood sugar levels to dip. Don't overeat because this will drain your energy. What does your diet look like?
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Create your fatigue management plan. Identify hazards of fatigue. This may include task related factors such as repetitive work or non-work factors such as family or psychological issues. Then assess the risk associated with these hazards by examining what impact they are having on you and how you're managing it. Implement effective risk control measures to address fatigue and try to eliminate the hazards. Regularly review and monitor the effectiveness of the implemented controls.
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Maximise your sleep. There is a lot you can do outside of work hours to decrease the chances of fatigue. A major cause of fatigue is insufficient and poor quality of sleep. Ensure you prioritise sleep. It can help to schedule your sleep, having a regular bedtime and wake up time assists with creating a routine and healthy sleep habit. The routine also includes the routine you complete before getting into bed as this psychologically and physiologically prepares your body for bed. Relaxation techniques can assist with sleeping well, for example deep breathing, progressive muscle relaxation, visualising a peaceful place, taking a warm shower or use mindfulness apps before bed. Avoid heavy meals, alcohol, tea or coffee before going to bed. How do you maximise your sleep?

If you would like to book an appointment and /or speak with one of our Counsellors, it's as easy as calling 1300 66 77 00 or New Zealand 0800 327 669 or visit our website www.accesswellbeingservices.com.au