

## Beating Fatigue: Simple Ways to Boost Your Energy

Feeling drained? Fatigue can creep up on you, affecting your energy, focus, and overall well-being. It can stem from work demands, lifestyle choices, or even your environment. Here are some practical ways to keep fatigue in check.



**Create a Comfortable and Stimulating Environment:** Your surroundings impact your energy levels more than you might realise. A well-lit, comfortable space can help you stay alert and focused. If possible, adjust the temperature, let in fresh air, or add personal touches to make your space more inviting. Keeping things organised also helps reduce mental fatigue and boost productivity.

**Plan and Pace Your Tasks:** Not all tasks require the same level of focus. If you can, tackle demanding work when you're most alert and mix in easier tasks throughout the day. If your work or routine feels repetitive, try alternating between different types of activities to stay engaged. This helps prevent burnout and keeps things fresh..

**Take Regular Breaks:** Short breaks help reset your energy and improve concentration. Stepping away, even for a few minutes, can make a big difference. Try stretching, taking a short walk, listening to music, or chatting with someone—find what works for you. Regular breaks also help you return to tasks with better focus and productivity.

**Stay Hydrated and Eat Well:** What you eat and drink affects your energy. Drink plenty of water and aim for a balanced diet with whole grains, protein, and fresh fruit and veggies. Caffeine can help, but too much can leave you crashing later. Regular meals keep blood sugar levels steady, preventing energy dips and boosting focus.

**Prioritise Sleep:** Poor sleep is one of the biggest causes of fatigue. Set a regular bedtime, create a relaxing wind-down routine, and avoid heavy meals, caffeine, or screens before bed. Even small adjustments can lead to better sleep and more energy. You'll be amazed at how good rest can improve your overall well-being.

**Identify and Manage Fatigue Triggers:** Fatigue can come from stress, workload, or lifestyle factors. Pay attention to what's draining your energy and make changes where possible. Checking in with yourself regularly helps prevent fatigue from building up. Addressing the root causes of tiredness ensures you stay on top of your game.

Making small changes now can help you feel more refreshed and focused.

To book an appointment with one of our counsellors, call or scan the QR Code



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