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# Manage Fatigue During Work

## *Tips to stay energized and alert*

Between hectic schedules, stress and difficulty sleeping, many people find themselves fatigued during the workday.

Fortunately, there are steps you can take to reduce your fatigue levels and stay more alert at work.

### Risks of Fatigue

Symptoms of fatigue include moodiness, drowsiness, loss of energy, and lack of motivation and concentration. These are not ideal qualities to display at your job. Not only does fatigue make you less productive and less personable, it can also cause a serious safety risk if you work in a hazardous position.

### For a Quick Energy Boost

Consider these suggestions for a quick and easy boost when you're feeling tired at work:

- Eat a snack that includes complex carbohydrates and protein (like an energy bar or half a peanut butter sandwich on whole wheat bread). Avoid sugar, which will make you crash later.
- Get moving. A short walk can be very energizing.

- As much as your job allows, try to vary your day when fatigue sets in.
- Have a mini-meditation session at your desk – it can help you calm down but also feel more alert.

### Lifestyle Changes

To fight fatigue long-term, incorporate these healthy changes into your life:

- Eat nutritiously. Healthy food and portion sizes will help you stay energized. Don't skip meals or overeat, and always start your day with breakfast.
- Limit your caffeine to one or two drinks per day. Drink plenty of water to keep your body hydrated.
- Exercise regularly. This will increase your energy levels and also help you sleep better at night.
- Manage your stress, which will help you sleep better and feel less drained.

- Avoid smoking, which lowers your energy level.

### Improve Your Sleep Habits

Fatigue is generally caused by poor quality or inadequate sleep. Try these tips:

- Aim for seven to eight hours per night, even if that means rearranging your schedule.
- Create a good sleep environment (appropriate temperature, noise level and lighting).
- Try to go to bed and wake up the same time each day, including weekends.
- Limit caffeine, alcohol, big meals and rigorous exercise close to bedtime.



### Did You Know...?

Fatigue can be linked to an underlying medical problem, psychological condition or sleep disorder. You may want to see your doctor to check if that is the case for you, especially if the above tips do not alleviate your fatigue.