

Fatigue

Fatigue is more than just *tiredness*. Fatigue can make it hard to get out of bed in the morning and prevent a person from fulfilling their daily tasks. Understandably, we have all faced a challenging year and may be experiencing symptoms of fatigue brought on by the daily stressors of life, work pressures and the added uncertainty around the pandemic. While we can all experience fatigue in different ways, it is possible to counter its effects. This factsheet aims to help you look out for some of the signs of fatigue and shares practical steps you can take to be kind to yourself and seek professional support when needed to help you overcome these feelings.

D'Accord OAS have a range of clinicians available to offer you emotional support and strategies. Please call 1300 130 130 to be connected with one of our clinicians.

Signs and Symptoms of Fatigue:

Below are some of the feelings and behaviours you may be experiencing:

- Low in energy
- Tiredness
- Restlessness
- Frustration
- Irritability
- Dread
- Hopelessness
- Isolating yourself from others
- Increased reliance on alcohol or other substances
- Lack of enthusiasm
- Difficulty looking forward to tomorrow

Effective ways to overcome these feelings:

- Identify and practice self-care strategies that work for you.
- Exercise – don't underestimate the mental benefits exercise can have on our brains and bodies.
- Acknowledge your feelings and reactions, try not to be critical or judge yourself. Keeping a journal or talking through your feelings with someone you trust are some strategies to try.
- Take a break – taking time to pause can encourage us to slow down and practice mindfulness.

Food as Fuel

Nourishing your body is not only a form of self-care, but it is also the key to boosting your energy. Although it can be tempting to resort to food for comfort as opposed to turning to food for fuel, understanding the benefits nourishing your body can have may assist with overcoming symptoms of fatigue.

- Nourishing your body is a form of self-care.
- Nutrients are like fuel for your body.
- Foods that release glucose slowly provide more sustained energy, as well as keep us fuller longer.
- Whole grains, oats, fruits, and vegetables are foods that won't cause a spike in blood sugar because they provide a steady flow of energy to your brain



Techniques for a healthy sleep:

- Ensure your bedroom is dark and quiet
- Have a regular bed time and stick to it
- Plan how many hrs. you are going to sleep
- Have a routine before you go to bed
- Go for a walk during the day or do some other kind of physical activity for at least 30 minutes every day.
- Limit caffeine throughout the day, and especially after 4pm, avoid excessive alcohol and avoid smoking after 4pm.
- Avoid watching TV or eating in bed.
- Close your eyes. It may seem obvious, but the mind is more active when it has more input.
- If you find you're thinking about daytime things, try watching your thoughts go by, like clouds in the sky or cars on the road, rather than getting caught up in them.

**To arrange an appointment today
please call us on**

1300 130 130 (AU)