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Team Tailgate

Reducing Fatigue

During this time of possible stress from the pandemic, fatigue can become overwhelming and can interrupt your work and personal life. Fatigue is defined as extreme tiredness resulting from mental or physical exertion or illness. Physical fatigue can be as much as finding it hard to climb stairs while mental fatigue can be finding it harder to concentrate, staying focused, or staying awake while working. The following tips can help with feeling less fatigued but if you feel your symptoms are severe, consult with a doctor.

Symptoms

- Chronic tiredness or sleepiness
- Headache
- Dizziness
- Sore/aching muscles
- Muscle weakness
- Slowed reflexes/responses
- Impaired decision making
- Moodiness/ irritability
- Poor concentration
- Low motivation
- Short-term memory problems
- Appetite loss

Causes

One of the main causes of fatigue is the lack of sleep which results in most symptoms above. There are several reasons on why one may not be getting enough sleep at night.

- Not allowing enough time for sleep
- Having too much to do
- Whether it's taking care of young children, holding down more than one job, or participating in other non-work activities
- Being under a lot of stress.
- Working different schedules or shifts

Sleeplessness can also be linked to medical problems such as:

- Anxiety
- Depression
- Other health conditions that result in breathing difficulties or pain.

Tips

- Avoid coffee and other drinks with caffeine before bed.
- Don't eat too much before bed. It may result in heartburn or stomach cramps.
- Limit the amount of liquids you drink at night.
- Don't drink too much alcohol.
- Get enough exercise, but avoid strenuous exercise two to three hours before bed.

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- Don't take work with you to bed.
- Work to reduce your level of stress. It often helps to talk to
- someone about your problems

A few more tips

1. Consider taking a nap when you get home from work.
2. Try not to think about work or personal problems. This is often hard to do. Engaging in a relaxing and enjoyable activity at night may help.
3. Don't drive or operate moving machinery if you are overtired.
4. Take short breaks, especially from long or strenuous tasks. Stretching for a few minutes or taking a short walk will help.
5. Get regular exercise and eat healthy meals.

FATIGUE REDUCTION DO'S AND DON'TS	
DO: - Set enough time each day to get a sufficient amount of sleep. - Avoid caffeine, alcohol, and large meals right before bed. - See a doctor or other health professional if you think you may have a medical problem that's interfering with your sleep.	DON'T: - Drive or operate moving machinery if you are fatigued. - Stay in bed if you can't sleep. Instead, get up and do something else for awhile