

Ways you can avoid fatigue

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1. SLEEP WELL

Sleep helps our brains and bodies recharge, enhancing their capacity to cope with stress. Poor sleep affects memory, judgment and mood.

2. SEE THE LIGHT

Workers exposed to sun in the morning sleep better at night.

3. PRIORITISE NUTRITION AND HYDRATION

Eat whole foods — lean protein, vegetables, healthy fats, oily fish — and drink water to boost serotonin levels and reduce levels of cortisol and adrenaline.

4. WORK OUT

Walk, run, lift, swim, paddle, cycle, play sport or dance.

5. PRACTISE HEALTHY COPING STRATEGIES

These include mindfulness or meditation; deep breathing; keeping a thought journal; getting out in nature; breaking challenges into bite-sized tasks; celebrating small wins; and incorporating fun and play.

6. BE WITH LOVED ONES

Spend time with family and friends and focus on self-care.

7. WORK WHEN ENERGISED

Find your optimal operating rhythm to harness natural fluctuations in energy levels.

8. LOOK OUT FOR RED FLAGS

Recognise signs you are not coping, such as not sleeping, having a short fuse, withdrawing from friends or family, muscle tightness or tension headaches and drinking to excess.

Source: Performance coach and NAB Business Fit podcast host Andrew May