

ENHANCE YOUR ENERGY



CHECKLIST

Understanding Fatigue

- Two types of fatigue
 - Physical
 - Mental
- Words used to describe fatigue
 - Sleepiness
 - ✓ Result of not getting enough sleep
 - Weakness
 - ✓ Can't complete simple physical tasks
- Causes of Fatigue
 - Lifestyle factors
 - ✓ Excessive drinking
 - ✓ Caffeinated drinks
 - ✓ Unhealthy eating habits
 - ✓ Excessive physical work
 - ✓ Lack of sleep
 - Psychological factors
 - ✓ Depression
 - ✓ Anxiety
 - ✓ Grief

- ✓ Other mental health conditions

- Medical factors

- ✓ Diabetes

- ✓ Chronic fatigue syndrome

- ✓ Sleep apnea

- ✓ Toxic exposure

- ✓ Nutritional deficiencies

- Symptoms of Fatigue

- Physical symptoms

- ✓ Sore muscles

- ✓ Dizziness

- ✓ Headache

- ✓ Vision problems

- ✓ Abdominal pain

- Psychological symptoms

- ✓ Poor concentration

- ✓ Lack of motivation

- ✓ Moodiness

- ✓ Irritability

- ✓ Memory impairment

- ✓ Poor judgement

Changing Your Diet and Eating Habits

- Consume foods that give you energy
 - Complex carbohydrates
 - ✓ Leave you feeling fuller for longer
 - High protein
 - Whole grain
- Avoid sugar and simple carbs
- Eat foods rich in magnesium
 - Magnesium turns blood glucose into energy
 - Symptoms of low magnesium levels
 - ✓ Feeling out of breath
 - ✓ Increased heart rate
 - Source of magnesium
 - ✓ Fish
 - ✓ Whole grains
 - ✓ Almonds
 - ✓ Hazelnuts

✓ Cashews

- ☐ Eat small snacks between meals
- ☐ Drink plenty of water
 - At least eight, 8-ounce glasses
- ☐ Include soluble fiber in your diet
- ☐ Consume caffeine in moderation
- ☐ Eat detoxifying foods
 - Avocados
 - Asparagus
 - Garlic
 - Cabbage
 - Broccoli
 - Green tea
 - Lemongrass
 - Wheatgrass
- ☐ Time your eating
- ☐ Eat satisfying breakfast
- ☐ Eat lighter lunch and dinner

Change Your Lifestyle

- ☐ Get enough exercise
- ☐ Exercise has many benefits
 - Keeps body in excellent condition
 - Great stress reliever
 - Sculpt your body
 - Relieve effects of chronic fatigue
- ☐ Types of beneficial exercise
 - Yoga
 - Running
 - Walking
 - Tai chi
 - Dancing
 - Sports
- ☐ Get enough restorative sleep
 - At least eight hours a night
 - Set regular bedtimes
 - Wake-up at the same time
- ☐ Get enough rest
 - Rest your body and mind after tasks

- ☐ Get rid of vices and bad habits
 - Limit drinking
 - Stop smoking
 - Avoid caffeine
 - Avoid sugar
- ☐ Engage in a relaxing hobby
 - Hobbies that require you to expend energy
 - ✓ Hiking
 - ✓ Sports
 - ✓ Dancing
 - ✓ Running
- ☐ Practice meditation
- ☐ Listen to relaxing music

Organize your Life

- ☐ Create lists of your tasks
- ☐ Create schedules and deadlines
 - Can help you avoid wasting time
 - Give you the time to rest and relax

- ☐ Avoid procrastinating
 - Makes tasks more difficult to complete
- ☐ Prioritize your tasks
- ☐ De-clutter your workspace
 - Put everything in its place
- ☐ De-clutter your home
 - A well-organized home makes it easier to relax
- ☐ Learn to delegate tasks
 - Let other help you complete your tasks
- ☐ Learn how to say No
 - Know your physical and mental limitations

Avoid Stress

- ☐ Don't be too hard on yourself
- ☐ Get rid of the notion of perfectionism
- ☐ Don't take yourself too seriously
- ☐ Talk to someone
- ☐ Be clear about your goals
- ☐ Stop trying to control everything

- ☐ Take deep breaths
- ☐ Forgive yourself
- ☐ Forgive others
- ☐ Create healthy personal boundaries