

WELLNESS WEDNESDAY

Overcoming Fatigue

Though we've started a new year, there probably aren't any new benefits for our health and wellness that weren't available a month ago. When we really get down to the task of feeling better, we can't consistently rely on changing external circumstances to get the job done. Fortunately, much of what robs us of our energy and vitality is connected to things we do on a daily basis. So what can we do?

Cultivate calm. Stress is our number-one energy thief, so learning how to respond to it more constructively will provide tremendous benefit. Practice meditation, cognitive behavior therapy, and relaxation techniques daily to help promote a less tense personal environment.

Prioritize sleep. This one is probably obvious, but who doesn't try to slide by with a little less sleep when there are things we want to do? In order to feel our best, though, we probably need a regular sleep schedule that we stick to most nights and a wind-down routine before bed to make sure our restless minds don't keep us up.

Eat well. A balanced diet will provide nutrients necessary for a healthy stress response and consistent moods. The production and functioning of hormones and neurotransmitters rely on raw materials found in the foods we eat. The higher quality our diet is, the more likely we are to have enough of these raw materials.

Get moving. Exercise helps us sleep better, work off tension, and even has beneficial effects on brain chemistry. It pretty much makes everything else we're doing work even better!

<https://www.health.harvard.edu/staying-healthy/fighting-fatigue>

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"Sometimes my mind wanders, but it's too tired to go very far."

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