



## Health Yourself Byte

### SIMPLE THINGS THAT CAUSE FATIGUE

With these 100 degree temperatures, you may feel like your energy is being drained. But, there are other variables that can be affecting your energy level and cause fatigue:



- **LACK OF SLEEP:** To help ensure sound sleep, establish a consistent bedtime routine like a hot bath or shower, music, or perhaps a warm decaffeinated drink – anything to help you relax. Also, it's important to remember not to get too much sleep – that, too, can leave you feeling fatigued.
- **NEGATIVE EMOTIONS:** Keeping negative emotions inside will wear you down, so vent! Sharing the day's concerns and frustrations with a friend or writing things down in a journal can lighten your load and even help you sleep better. And, to help alleviate the occurrence of negative emotions, use your free time in restful and enjoyable ways.
- **TOO LITTLE PHYSICAL ACTIVITY:** When it comes to physical activity, the trick is to do something you enjoy. It's equally important to set reasonable goals – you don't have to get in shape overnight. Walk the mall, go swimming, take an exercise class . . . just move more!
- **SUBSTANCES LIKE ALCOHOL, CAFFEINE, AND TOBACCO:** If you can't or don't want to stop, then try cutting back – especially before bedtime. Caffeine should also be avoided for 4 hours before going to bed. And cigarettes are never advisable.
- **POOR DIET:** A well balanced diet helps to fight fatigue. Just remember that you don't have to make large sacrifices. For now, while it's never a good idea to go to bed hungry, you can cut out large or spicy meals late in the evenings and try to eat a bit healthier throughout the day.
- **EXCESS WEIGHT:** It's not hard to figure out – excess weight requires more energy to carry. If you're carrying a few extra pounds, lose the weight slowly with better nutrition and some exercise.
- **MEDICAL CONDITIONS SUCH AS HIGH BLOOD PRESSURE:** Conditions like these drain much of our bodies' natural resources, robbing energy in an attempt to combat disease. For this reason our bodies are forced to run less efficiently. The important thing here is to get regular checkups and stick with your physician's treatment plan.



The Medical  
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