

## KEEPING YOU SAFE & INFORMED

### Tips for overcoming fatigue during the COVID-19 Pandemic

With the current situation upending schedules and routines, it's easy to feel out of sorts. Everyday things like grocery shopping have a level of stress that we're not used to. This stress can cause you to feel fatigued.

#### What are some common symptoms of fatigue?

Lack of motivation, chronic sleepiness, inability to follow through with activities, sore or achy muscles, headaches, dizziness, moodiness, difficulty with concentration and memory, and unexplained anxiety or fearfulness.

#### Are tiredness and fatigue the same thing?

Fatigue is different than just being tired. When your body is fatigued, it is much more than just feeling tired, and it lasts for an extended period of time. Fatigue is often not relieved by rest. According to the Mayo Clinic "fatigue is a nearly constant state of weariness that develops over time and reduces your energy, motivation and concentration." Fatigue will impact your safety awareness, emotional, and psychological well-being."

#### How can I avoid becoming fatigued?

Most of the time fatigue can be traced to stress, habits and routines. It is important to make sure you're aware of your stress levels, habits, and routines. This will increase your ability to stay healthy and lowering the chance of complacency in our daily tasks. (Check out the previous guidance on adult stress reduction).

#### Here are recommendations that can help reduce the effects of fatigue.

##### Maintain a good state of health

- Stay in shape; maintaining normal body weight
- Make sure you are getting seven to eight hours of sleep every night.
- Avoid exercise an hour prior to going to bed; instead, try a relaxing yoga workout or meditation.

##### Eat a well-balanced diet

- Minimizing fat and sugar intake is good for you overall, it can also help reduce the feeling of being tired during periods of fatigue.
- Stay hydrated: Maintaining adequate fluid levels helps to keep all body systems functioning normally and is an easy way to maintain alertness.
  - Avoid excess alcohol.
  - Avoid turning to smoking and or caffeinated beverages.  
These only temporarily make you feel more alert when fatigued.

(At best, these have short term effects; At worst, tobacco and excessive caffeine use are associated with a variety of significant health hazards)

##### Maintain sleep schedules

- Try to maintain your sleep schedule even on your days off.
  - Abrupt changes in sleep patterns can be very disruptive and can actually cause sleeplessness.
- Take the TVs, laptops, phones, etc. out of the bedroom.
  - It is not recommended to be exposed to that light before you go to sleep.