



TRAINING

UNDERSTANDING FATIGUE





We all experience tiredness at times, which can be relieved by sleep and rest. Fatigue is when the tiredness is often overwhelming and isn't relieved by sleep and rest.

Fatigue can make it hard to get out of bed in the morning and prevent a person from fulfilling their daily tasks.

Most of the time fatigue can be traced to one or more of our habits or routines, particularly lack of exercise. It's also commonly related to depression. On occasion, fatigue is a symptom of other underlying conditions that require medical treatment.

Being self-aware and taking an honest look at the things that might be responsible for your fatigue is often the first step toward relief. Look for any destructive lifestyle cycles you are in. Ask yourself, is this fatigue, anxiety, over-worrying or something else?



Physical and mental fatigue are different, but they often occur together. Repeated physical exhaustion can lead to mental fatigue over time.

Physical fatigue is our inability to maintain optimal physical performance and is made worst with intense physical exercise. A person with physical fatigue may find it physically hard to do the things they usually do, such as climbing the stairs. Symptoms include muscle weakness, weariness, sleepiness or irritability and medical diagnosis may involve completing a strength test.

With mental fatigue, a person may find it harder to concentrate on things and stay focused. They may feel sleepy or have difficulty staying awake while working. This decrease in maximal cognitive performance often results from long periods of cognitive activity. A study suggested that tough mental tasks can cause people to tire more quickly at physical exercise.

Either can be chronic or acute.

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands. As the stress continues, you begin to lose the interest and motivation that led you to take on a certain role in the first place. There are numerous causes such as overuse of alcohol or drugs such as antidepressants, under or over-exercising, jet lag, poor sleeping patterns, boredom, grief, bad eating habits and being overweight.



These are just a few of the medical conditions that can cause fatigue, if in any doubt see your doctor: acute liver failure, anaemia, anxiety disorders, cancer, chronic infections or inflammation (malaria etc.), chronic kidney disease, concussion, COPD, coronavirus, severe depression etc.

The symptoms include muscle fatigue due to electrolyte imbalance, lack of motivation, daytime drowsiness, tension headache, difficulty concentrating, gastrointestinal problems, irritability/mood swings, moodiness, slow response time, more accident-prone, vision problems such as blurred vision.

If you experience any of the following it is advisable to make an appointment to see your doctor:

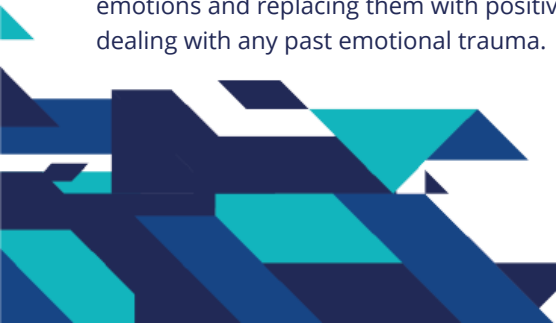
- You can't think of anything that is causing it
- You have a high temperature
- You have unexplained weight loss
- Trouble falling or staying asleep when you've tried good sleep hygiene
- You believe you are depressed, feelings of self-harm or harming another
- Vomiting blood or rectal bleeding
- Severe headache
- Chest pain, irregular heartbeat or shortness of breath
- Feeling faint
- Pain in your abdomen, back or pelvis






Lifestyle strategies we can all use include: good cognitive hygiene such as developing a personal life vision/mission, using positive self-talk and visualisation, setting SMARTER goals, saying no, avoiding perfectionism and developing a plan to control your fatigue. A good healthy diet, increasing water intake, reducing exposure to toxins, regular exercise and relaxation (maybe try meditation or something like Yoga) are great life choices to make. Reducing stress and caffeine are also advisable.

As well as good cognitive hygiene practice good emotional hygiene by practising daily positive emotions, taking control of negative emotions and replacing them with positive emotions and facing and dealing with any past emotional trauma.



We can provide a 45-minute masterclass on this subject of fatigue, which is part of a series of 25 short masterclasses we can provide to support the building of rock-solid personal resilience. In addition to fatigue, subjects for these masterclasses are:

1. Understanding how resilient you are now
 2. Developing the thoughts/beliefs of a resilient and successful person
 3. Gaining control of your emotional wellbeing and practising good emotional hygiene
 4. How to be infectiously optimistic
 5. Dealing with anxiety and worries
 6. Being decisive and over-coming putting things off
 7. How to make significant positive change
 8. How to embrace personal continuous improvement
 9. Developing unstoppable self-confidence
 10. Preventing difficult situations by being assertive
 11. How to resolve conflict and really difficult situations
 12. How to respond rather than react to challenges
 13. Stress – real causes, signs & symptoms and coping strategies
 14. The importance of physical resilience in 4 key areas
 15. Building your own support network
 16. How to build really solid fruitful relationships with others
 17. How to give and receive feedback that encourages change
 18. Saying NO
 19. The compelling nature of a personal vision and mission and how it makes life meaningful
 20. How to set meaningful goals
 21. How to plan and prioritise success
 22. Influential and inspirational communication
 23. Understanding yourself and others
 24. Being a star team player and then leader.
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**Contact the Dods Training
team for more information**

Alice McDavid
Head of UK Training

+44 (0)20 7593 5714
alice.mcdavid@dodsgroup.com

