

# A modern lifestyle and fatigue



Chronic fatigue has an unmistakable relationship with modern life. Everyday stressors constantly wear away at the body's resilience, which leaves you feeling worn out, stressed, and fatigued. Some of the most common causes of everyday stress are manageable and it's all about taking back control.

## Healing in a modern world

It's possible to live the life you love without giving up too much of your modern lifestyle and still counteract the effect that years' worth of stress has had on your body.

### **1. Work on getting good quality sleep every night.**

The most drastic habit you may have to change is sleep. It may take a week or two to adjust, but it will be worth it. Start by deciding on a suitable bedtime that allows for eight hours of sleep a night. Go to sleep and wake up at the same time as often as possible, if not every day.

If you struggle to fall asleep, focus on relaxation and rest. Read a book, meditate, or have a bath to help. Avoid using electronic equipment at least one hour before you go to bed, as it can disrupt your natural sleep rhythm.

Try to wake up as naturally as possible too. Instead of using an alarm clock that pierces through your sleep and jolts you awake, use a fitness tracker that incorporates a vibrating alarm to prevent some of the stress you feel the minute you're woken up.

### **2. Change the way you eat.**

Eating large meals places stress on your adrenal glands. If you're heading for burnout, eating smaller, more regular meals can help.

It's important to eat breakfast after a night of fasting as your blood sugar will be low. If you only eat later in the morning, your body has to work harder to maintain its energy. Combine protein, fat, and carbohydrates to allow for a more sustained energy release.

Also, consider taking nutritional supplements to ensure you fuel your body to heal as well as function at its best during this time of repair. Speak to your doctor or pharmacist about their recommendations.

### **3. How you exercise is just as important.**

Many people believe you have to exercise intensely to gain any benefit, but if you're chronically fatigued it may add to your health woes.

You've probably already noticed how it leaves you feeling exhausted for days afterwards, but don't give exercise up completely; you still need to move to maintain muscle tone and strength.

Start at a level that you can manage and build up gradually. If all you can do initially is sit on the couch and do some arm and leg exercises, it's better than nothing. As you begin to feel better, add some weights in the form of soup cans. Stick to a regular exercise routine and you'll soon be doing more than you ever dreamed of.

Don't let chronic fatigue ruin your health, make these three changes to take back control.