



# Fatigue

Fatigue is a feeling of weariness, tiredness or lack of energy. It can be a normal and important response to physical exertion, emotional stress, or lack of sleep. Fatigue can be relieved by getting enough sleep, good nutrition and a low-stress environment. Below are some other ways fatigue can be relieved:

- Get enough sleep each night.
- Eat healthy
- Drink plenty of water
- Exercise regularly
- Try to relax more often
- Maintain a reasonable work and personal schedule
- Take a multivitamin

Stimulants, like caffeine, are not an effective treatment for fatigue. They can actually make you feel worse once they have worn off.

If you experience fatigue that is not relieved by sleep, reducing stress levels and eating healthy, you should be evaluated by your doctor.

It is that time of year that involves work, school, after work and school activities and keeping up with all the other things in life. With all of this going on, fatigue can set in strong. Make sure and take time to relax and be healthy!

