

LIFESTYLE CHANGES to boost energy

Whereas some degree of fluctuation in energy over time is normal, chronic fatigue can cause problems. It may present with any of the following symptoms: lethargy, apathy, irritability, tension, poor focus, and pain. Because several underlying causes may contribute to low energy, a multi-pronged approach to boosting energy is recommended. Consider these tips.

Stress Management

- Relaxation exercises (e.g., massage, aromatherapy, yoga, meditation, tai chi)
- Increase social activities
- Use calendars and "to do" lists to organize & prioritize
- Talk therapy

Chronic Busyness

- Set boundaries for work, personal life, & alone time
- Reduce obligations
- Prioritize wellness
- Do NOTHING (i.e., practice sitting quietly with your thoughts)

Sleep

- Practice good sleep hygiene (e.g., limit evening screen time, dark & quiet room)
- Consider hormonal factors
- Exercise
- Melatonin for sleep reset
- Regular sleep schedule

Diet Changes

- Reduce foods high in sugar and carbohydrates
- Increase foods high in fiber & nutrients
- Limit caffeine & alcohol
- Avoid smoking
- Stay hydrated

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