

Q. What should I do if I'm always tired?

A. You wake up and don't want to get out of bed. Even after a morning jolt of exercise, a cold shower, or a cup of coffee, you still feel tired.

You don't have any energy and feel fatigued most of the time. That ever happen?

If you've ever felt this way, you're not alone. In a recent survey, about 69 percent of adults report feeling tired or exhausted at work.¹

Sleep, stress, diet, exercise, a medical problem, and many other factors can contribute to fatigue.²

If you feel tired all the time, you need to figure out why.³ Is it your lifestyle, genetics, stress, something else, or a combination of these factors?

Once you figure out why you always feel drained, you can make changes to get your spark back. Here's how:

1. See your doctor

After a routine exam and some questions about your lifestyle, your doctor may order a blood test.

Your lab results can help your doctor see if you have anemia, a thyroid problem, or hormones that are out of balance.

They can also show if your vitamin B12, vitamin D, or other vitamins are low.



3 Tips to Fight Fatigue

2. Take a closer look at lifestyle habits

Blood test results will give your doctor a better picture of what's going on inside your body. But it takes time to get those results.

Your doctor can also look at any habits that might make you feel tired. You might need to make some changes, like:

- Improve your sleep habits.
- Get 30 to 60 minutes of exercise.
- Avoid caffeine and drink more water.
- Eat more fruits, vegetables, whole grains, nuts, seeds, and legumes.
- Achieve and maintain a healthy weight.
- Take time to relax.
- Improve your relationships (family, work, social).
- Identify and deal with stressors in your life.
- Avoid using alcohol, tobacco, or drugs.

ASK THE Wellness DOCTOR

3. Change behaviors to beat fatigue

Talking with your doctor can help you develop a plan to beat fatigue.

You may need to change your diet, exercise more, get more sleep, or make other changes. You can do it!

Just focus on what you can do today, per week, and each month. And if you go back to your old habits for a couple of days, just take action and get back on track.

Treating fatigue can be a complex problem

It can take time to unravel because so many factors can be involved. Fortunately, you can do something about it.

If you've felt tired and exhausted for more than a week or two, see your doctor. Look at your lifestyle habits. Then be willing to make changes to improve your health. You'll be glad you did.

References

1. National Safety Council. (2018). Fatigue in safety critical industries: Impacts, risks & recommendations. From: <https://tinyurl.com/s8uuufrc>
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3. Deary, V., et al. (2017). Genetic contributions to self-reported tiredness. *Molecular Psychiatry*, 23:069-620. From: <https://tinyurl.com/7ers4w6v>