

Tired?

Are you tired and feel like you want to go home? Do you feel rundown no matter what you do and how much you sleep? Do you feel so irritable that you could launch an attack any minute? Then its time to stop what it is you are doing – If you are feeling like this, the bad news is, you are probably looking and acting like it too.

The fact is if you are feeling this way, the tiredness is the body's way of asking for more rest. Rest in terms of sleep and peace, plus a healthy diet. Experts also believe that such low energy levels can come from what's going on in your mind, and not just what is happening to your body.

Fatigue is a symptom with many possible causes.

Often fatigue can be due to an underlying physical cause, for example, food allergies, anaemia (which is more common in woman), ME (which can occur after viral illness such as glandular fever), underactive thyroid and more serious medical reasons such as heart disease or cancer.

Fatigue can also be, or at least partly be, psychologically based. Factors such as chronic stress, depression and even boredom, can leave individuals feeling completely drained. In women, it is common that fatigue is linked to the monthly menstrual cycle or menopause. Hormonal changes during the cycle can cause tiredness and irritability.

Women are often their own worst enemy. Dieting itself can cause or worsen fatigue. Overeating, under-eating and eating irregular meals are all culprits of leaving us feeling drained. Too much alcohol or/and caffeine on a regular basis can cause long-term fatigue. Any long-term unbalanced diet is bad news. It has also been proven that vegan and vegetarian diets can cause fatigue because they can be low in iron and some of the B group vitamins.

A diet high in refined carbohydrates such as (sugar, white bread, cakes, biscuits, pies and pastries etc) can leave you with a low blood sugar level, because of their high glycaemic index (releasing the sugar quickly).

The solution often lies with you and your life choices. Sit down, have a cuppa, relax and evaluate what is going on in your life. Are you overworked; are you simply not fueling your body; are you sitting in a stuffy office all day?

Here are some tips:

- Don't waste energy. Prioritize and plan. This way you will have time for relaxation.
- Use your energy for exercise. This will boost your mood for at least two hours afterwards and increase your energy levels.
- A quick nap has energy-increasing power.
- Beware of too much caffeine and alcohol, these can be energy drainers and cause rollercoaster highs and lows
- Follow a good healthy varied diet. If you don't know what a healthy diet is, you are in the right place for information. Continue searching this website!