

FIGHTING DAILY FATIGUE

Do you feel there are not enough hours in the day to do the things you need to? Do you find yourself feeling exhausted or lethargic much of the time? By 3pm in the afternoon would you love to crawl into your bed? Are there times when a friend suggests something fun and although you know your spirit is willing your body just hasn't the energy?

Most of us know what it's like to feel tired, sluggish and run down. That's just part of modern-day life, isn't it? Two thirds of adults in the UK suffer from tiredness - but it might surprise you to know that Daily Fatigue is now a common and recognised condition.

Daily Fatigue is a feeling of tiredness and exhaustion caused by the busy and demanding lifestyles we now lead. Many of you will be juggling your career, relationship, friends, family and social life - and will be all too aware how easy it is to let life control you and not the reverse. More than one in ten people admit that they have not been to work because they are too tired. One in four of you feel too tired to tackle everyday jobs such as shopping and paying the bills, while one in three of you are too tired to

socialise and one in five people have said they are too tired for a relationship.

Many people's emotional energy is under attack on a daily basis from the 24/7 lifestyle of 21st Century living coupled with the UK having the longest working hours in Europe. Downsizing in organisations has left less people doing more work while poor eating and lifestyle habits (no exercise, smoking, excessive drinking, lack of sleep) play their part.

Mums know how coping with demanding children takes its toll as do life changes such as divorce, loss of job, bereavement and family problems. Commuting problems, crowded streets and pollution all add to the daily grind.

Celebrity clients often look to coaching as a way of helping them cope with their busy lifestyles. However, they often think that life coaching is only about the practical things you can do in terms of changing your thinking and your habits. However, life coaching looks at the whole of your mind, body and soul and there are times when it is more pertinent to make sure that someone is looking after his or her body. After all who can think straight when they are tired?

Answer the following questions and see what steps you can take to help yourself – daily fatigue is not a fact of life but something you can do something about – your personal energy is vital to your well-being.

1. Do you feel your life is:

- a) Great - more of it please
- b) Good - although there are a few things I would like to change
- c) Ok. - after all I can't expect too much
- d) Has little real meaning - one day is just like another

2. How much sleep do you get each night:

- a) 7 or more hours
- b) about 6 hours
- c) about 5 hours
- d) Less than 5 hours

3. Would you describe yourself as:

- a) Optimistic – there's lots to be grateful for
- b) Forward looking – life's not that bad

- c) A realist
- d) Pessimistic – expect the worst

4. Do you do something just for you:

- a) 2/3 times a week
- b) Once a week
- c) Once every 2/3 weeks
- d) Hardly ever

5. Which of the following sums up your attitude to facing new challenges at work:

- a) Excited – it's good to try something new
- b) Quite pleased – what's the worse that can happen?
- c) A little nervous
- d) Fed up with having to cope

6. When it comes to food:

- a) My diet is pretty healthy without being faddy
- b) I eat well most of the time

c) I don't eat well or that regularly

d) I eat junk food and often crave sugar

Maximising personal energy is rather like a bus journey. If you are on the right bus you get to your destination. If you are on the wrong bus the sooner you recognise the error the shorter the journey back. Don't let your energy drain too far otherwise it takes longer to return to physical and emotional well-being

Answers

Mostly A's

You have an excellent energy bank and use what you have wisely knowing that you need to keep your life in balance. You believe in the saying "work, rest and play". You eat well and sensibly, ensuring that your physical energy boosts your emotional fitness.

Action Required:

Recognise how well balanced your life is and keep doing what you are doing. There are always times when even the most energetic people can be challenged with 21st Century living and you may find that simply taking a multivitamin provides you with all the protection you need.

Products like Activit G, a phyto-medicine, may also prove a useful daily booster aimed at helping fit and healthy people maintain their fitness.

Phyto-medicine refers to natural products that have a careful balance of vitamins and minerals as well as using traditional plants such as Ginseng or Gingo Biloba. However, when choosing such products look for those that can guarantee a laboratory controlled standardisation of approach as not every product on the shelf does what it says it can.

Mostly B's

Your energy levels are good but there are signs of depletion. Perhaps you have been taking on a little more than you realised and whilst you can function quite well, you may be lacking a certain “sparkle”. You may well be loosing some of your emotional energy by not fully fuelling your body with a well balanced diet and sensible activity.

Action Required:

Make some minor adjustments to your lifestyle. Perhaps you need a little more time to yourself? Make sure you get a good laugh at least once a day (releases brain chemicals such as Dopamine which provide a sense of well-being). Get a little more exercise and make sure you are seeing enough of your friends. Check that you are eating your 5 pieces of fruit and vegetables a day and possibly top up with freshly squeezed fruit and vegetable juices for extra vitamins. A multivitamin or some other energy booster is definitely a must.

Mostly C’s

Your energy bank is running at about half speed and there are signs that it would not take much to deplete you even further. You could be prone to feeling under the weather and life may not seem as good as it once did.

It's also possible you may have become a little more irritable or moody than you once were. Your eating pattern is detracting from your well being and your body is not receiving the vitamins you require.

Action Required:

You need to undertake a “life audit” – break down your life into major headings such as Work, Family, Leisure, Finance, Environment, Own Time and then list all the things you like about each area and why and then all the things you would like to change. Once you have done this devise an action plan and set about making those changes. Go back to basics and make sure you get a good healthy breakfast, lunch and dinner and include more vegetables and fruit into your diet. Watch the amount of caffeine you are taking in and if it is more than 3 cups a day try and drink tea and as much water as you can manage.

Your body needs a more powerful short-term boost. A multivitamin may not be enough. Products such as Pharmaton Capsules, a natural-based phyto-medicine that contains a carefully balanced blend of vitamins and minerals as well as Ginseng G115 will help you get back your energy as this type of product is designed especially for someone who needs an energy boost. Once your energy is back to normal you can decide

whether to take nothing or perhaps consider a maintenance product as for the 'A's' above.

Mostly D's

Your energy bank is running at a low and it is likely there are many things in your life you are unhappy about. You may be going through the motions, pushing yourself to do what has to be done even though your heart is not really in it. There may be things you need to do in your life that you are neglecting and you may well be feeling irritable and unable to cope. You are a nutritional nightmare whose body is giving off signs of stress and you are at risk of getting anything from poor skin and stomach upsets to extreme physical tiredness. Your blood sugar levels are likely to be vulnerable and you need to stabilise these. You may be a caffeine addict so cut down, drink lots of water and have a banana every time you crave sugar.

Action

You need to take immediate action and you may need to see a Counsellor or Life Coach to help you if you find you cannot motivate yourself. First, make it a priority to look after yourself – take some time to relax and if

you have given up activities you used to like start doing them again. Spend time with people you find fun and supportive and make sure you see them even if you feel tired. You may well have sleeping problems and so take the TV and mobile phone out of the bedroom, use Lavender oil to help you relax and undertake some simple deep breathing activities. Not only do you need to go back to basics by eating three sensible meals a day but you also need to try and replace the vitamins you have lost by drinking freshly squeezed fruit and vegetable drinks. It is also likely that your system could do with some additional help and therefore some kind of supplement or phyto-medicine is likely to be a must.

One word of warning – just because a product says it is natural does not mean that it is safe. There are products that when taken with conventional medicines can prove problematic. For example St John's Wort is an excellent natural anti-depressant but it can affect the efficiency of the contraceptive pill. Visit sites such as www.dailyfatigue.co.uk, www.wnas.org.uk, www.patrickholford.com for up-to-date scientifically valid information, tips and strategies on making daily fatigue a thing of the past.

You may also find it helpful to read - *Creating a Balance: Managing Stress*, Stephen Palmer, Cary Cooper, Kate Thomas, The British Library,

£12.95. *Healing without Freud or Prozac: Natural Approaches to Conquering Stress, Anxiety, Depression without drugs and without psychotherapy*, David Servan-Schreber, Rodale Publishers, £12.99.

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