

# “I Am Exhausted!”

## Hello there!

If you're reading this, I'm guessing you've found yourself saying, “I am exhausted!” more times than you can count. Fatigue can be overwhelming, affecting every part of your day and making even the simplest tasks feel like a mountain to climb. But don't worry—you're not alone, and there are ways to manage it. Let's take a deep breath together and explore a few steps that might help you regain your energy and feel like yourself again.

### 1. Listen to Your Body

Your body isn't trying to be inconvenient; it's trying to communicate. Are you getting enough sleep? Are you overworking or feeling emotionally drained? Start by being kind to yourself. It's okay to rest when you need to. Pay attention to the signals your body sends and be open to what it needs—whether that's an extra hour of sleep, a slower pace, or a break in your day.

### 2. Check Your Nutrition

What you eat can either fuel your energy or drain it. Try to include more whole foods in your diet—think colourful vegetables, lean proteins, and healthy fats. Aim for a balanced meal that includes a source of protein (like chicken, eggs, tofu), some healthy fats (like avocado, olive oil, nuts), and fibre (like leafy greens or a mix of non-starchy veggies). And don't forget to drink plenty of water! Even slight dehydration can sap your energy levels.

### 3. Prioritise Quality Sleep

Easier said than done, right? But the key here is quality over quantity. Create a calming bedtime routine—think of it as a little ritual to signal to your body that it's time to rest. Dimming the lights, reading a book, or practising gentle breathing exercises (like the physiological sigh) can help you wind down. Avoid screens at least an hour before bed and try to keep your room cool, dark, and quiet.

## 4. Move Your Body, Gently

It might sound counterintuitive, but moving your body can actually give you more energy. It doesn't have to be intense—start with gentle activities like a short walk, light stretching, or some gentle yoga. The aim is to get your blood flowing and release those feel-good endorphins without exhausting yourself further.

## 5. Manage Stress

Fatigue often goes hand in hand with stress. Take some time to check in with your mental wellbeing. Are there stressors you can reduce or delegate? It could be as simple as saying 'no' more often, asking for help, or carving out 5-10 minutes for mindfulness or deep breathing exercises during the day.

## 6. Review Your Health Markers

If you've been feeling fatigued for a while, it might be worth reviewing your health markers. Low levels of nutrients like iron, vitamin D, or B12 can contribute to tiredness. Checking your thyroid and other hormonal and metabolic markers could provide more insights into what's causing your fatigue. If this is something you'd like to explore further, please get in touch—we're here to help you with this journey.

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**Self-care** isn't just about bubble baths (although, they're lovely too!). It's about giving yourself permission to rest, recharge, and restore. Whether it's reading a book, having a nap, or just sitting outside in the sun for a few minutes, make it something that nourishes you.

**Fatigue** can feel all-consuming, but it doesn't define you. It's just one part of your story, and we're here to help you uncover the rest. Start small, take it one step at a time, and remember—you've got this.

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We're always here to support you on your journey to better health. Please reach out if you'd like to discuss this further. We look forward to hearing from you!