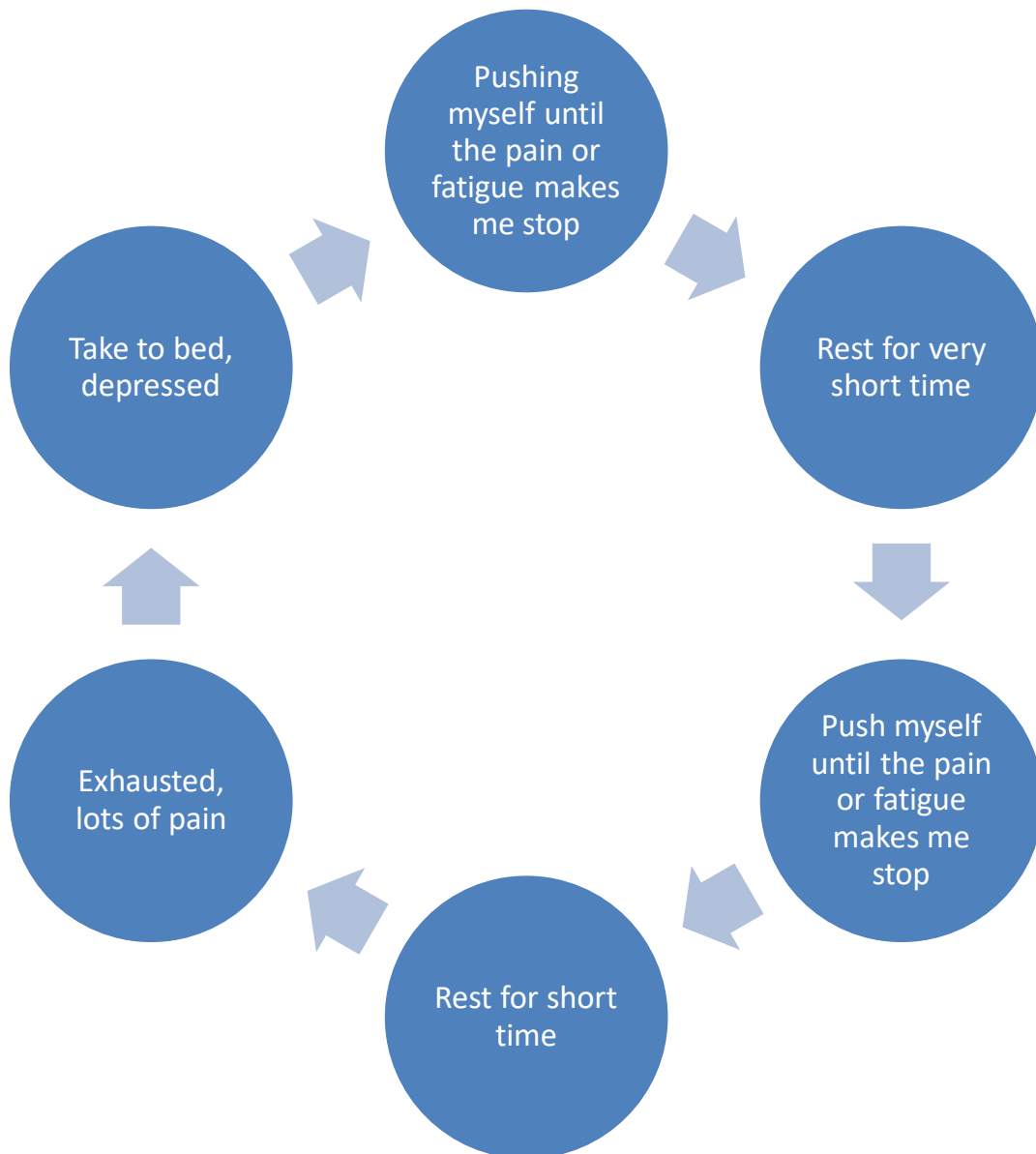


The Boom-Bust Cycle

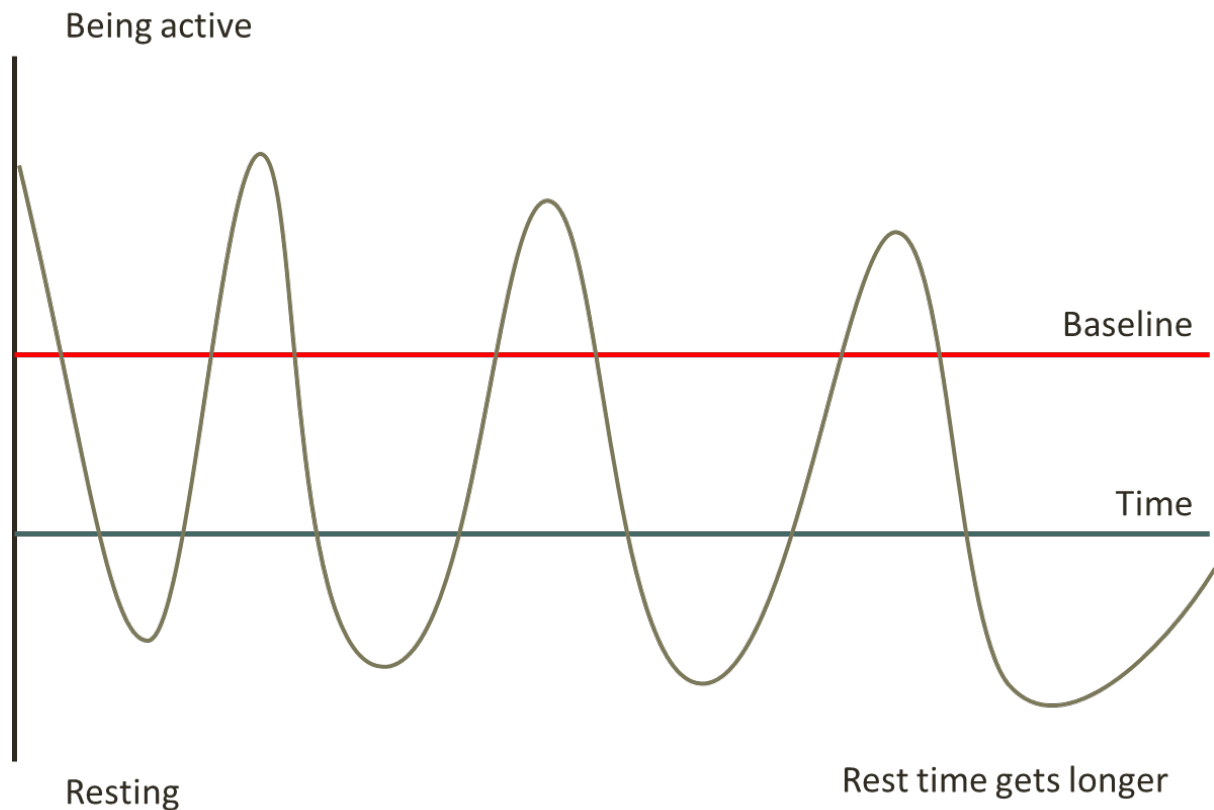
When we struggle with fatigue, it is really easy to get into habits that are not the best way to manage the fatigue.

The way we feel about the fatigue and the impact it may have on our lives can mean we push ourselves too hard.



Over time, this means we actually have less energy.

The Boom-Bust Cycle



The temptation to push ourselves when we have more energy means that we can burn ourselves out. This then leads to the need to recover and rest.

As this cycle repeats itself, the amount we can do gets less, and the time it takes to recover gets longer.

There are some steps you can take to help break this cycle:

- Keep a diary to identify triggers for fatigue.
- Adjust or eliminate medication that can cause fatigue.
- Have good nutrition:
 - Avoid refined sugars – these lead to glucose spikes and crashes which can make you feel more tired.
 - Drink water – dehydration can make you feel more tired.

The Boom-Bust Cycle

- Avoid caffeine and tobacco – these are stimulants and can interfere with sleep patterns.
- Eat nutrient dense foods – provide consistent energy and help the body repair itself.
- Avoid alcohol – interferes with sleep, co-ordination, and medication.
- Be efficient with your energy resources.
- Exercise to avoid deconditioning and to build stamina.