

Managing fatigue

Top tips.

1. Focus on 'energy in' by eating every 2-3 hours and within an hour of waking
2. Snack on fruits such as bananas, and unsalted nuts and seeds
3. Take breaks and time out to relax
4. Aid relaxation by deepening and slowing your breathing
5. Move body position every 60 minutes - move more and sit less
6. Drink more water
7. Make a 'to do' list at the end of each working day to clear your mind
8. Reduce your caffeine intake
9. Cut down on sugar
10. Aim for 6-8 hours of sleep each night