

natura)(yslim®

FIGHT THE FATIGUE



TIPS AND TOOLS TO HELP GET YOU OUT OF A MENTAL FUNK

After you adjusted to the reality that home is where you work, play, eat, sleep, exercise, educate your kids, and spend a majority of your down time, you might have thought, “This won’t be so bad.”

But now, several months in, something has likely shifted. You might be feeling irritable, anxious, unmotivated, unproductive, and downright drained.

Lines between professional and personal spaces have been totally blurred in our new reality. The general lack of variety of mental stimulation is leaving a lot of typically upbeat people feeling mentally tired and, frankly, in a bit of a funk.

This feeling of **mental fatigue** has become part of the “new normal” for many of us, both at work and at home. So whether you’re an HR professional or team leader in your organization, it’s important to care for yourself first so you can avoid becoming depleted or burned out.

With the slowed-down pace of life, you might wonder why you’re feeling exhausted rather than energized.

.....
It’s OK to feel this way.
You’re not alone. We feel it, too!

○ Where does mental fatigue come from?

The mental exhaustion many of us feel comes from the near constant worry, uncertainty, and unpredictability this global health crisis created, and the uncertainty of when or how life will return to some semblance of normalcy. Even if you’ve done what you can to mitigate and adapt to the current reality, you’re still very likely feeling its impact in some way, shape, or form.

This mental fatigue manifests in a **number of ways**: irritability, malaise, anxiety, change in eating habits, inability to sleep, lack of motivation, decreased productivity, or the persistent feeling of being on edge.

It's important to address this issue because mental exhaustion makes you feel emotionally drained, and it can lead to feelings of overwhelm, detachment, and apathy, all of which **negatively impact your work and home life**.

There's a lot you can do to combat mental fatigue, and once you're feeling better, you can help those around you feel better, too. We've got 10 tips to help grow your stamina and emotional bandwidth so you can care for your work team or your home team – or both!

HOW TO FIGHT THE FATIGUE

01

Recognize that the fatigue is real, that it can affect our productivity, and how we engage with others, and that **it's perfectly ok to feel this way**.

02

Self-care goes a long way to fight the mental fog. Here's a **quick-hit list of free self-care practices** can try today.

03

Focus on what you can control. Worrying or obsessing about things we can do nothing about just makes us feel worse and doesn't solve the problem.

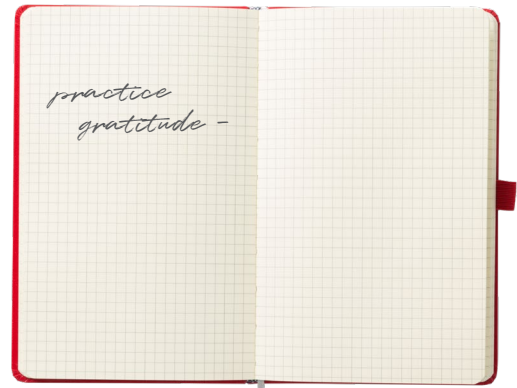
04

A brisk walk can be enough to clear your head and make you feel better, even if you don't feel like engaging in more challenging exercise. Plus, it's something you can do with your significant other or the whole family. Here are more ideas on totally-doable ways to **stay active while social distancing**.



05

Tap into any relaxation technique to reduce stress and anxiety, like yoga, tai chi, or deep breathing.



06

Practicing gratitude and **focusing on the good in your life** can help you reduce stress, increase happiness, and get better sleep, **among other positive benefits**. Jot down five things you're grateful for at the end of each day in a journal or recite a few things you're grateful for while lying in bed in the morning before you start your day.

07

Get outside. Being in nature and getting a daily dose of Vitamin D can **increase focus and concentration**.



08

Limit your daily decisions. You may have heard the term "decision fatigue," and it's real. Eat the same breakfast or lunch every other day, wear the same outfit a few times a week (if it was good enough for Steve Jobs...), or schedule your exercise into the same time slot every day. Eliminating decisions that can be automated gives us **more mental energy to do other things**.

09

Recognize that this is a period of grief for many of us, even if you haven't lost a loved one. You may be grieving your previous life and all the ways it's changed, which can leave you feeling drained or emotionally spent. Don't shove those feelings aside. Instead, breathe deeply and keep in mind that nothing lasts forever.

10

How, when, what, and why you eat has a powerful impact on how you feel, because, after all, **food is medicine!** Eating a healthy diet can help you manage conditions like high cholesterol, high blood pressure, or diabetes. And that means you've got one less thing on your plate.



DON'T FORGET

If you're experiencing a mental funk, remember, it's OK to feel how you feel. Don't beat yourself up over it. But if you're ready to start feeling better, try some of the tips above to get back on track. You might be surprised at how one or two of these tips can make a world of difference in your mood and overall mental wellbeing.

By offering the NS program, you're helping your members combat mental fatigue and improve their mental and physical wellbeing.

Log in to www.naturallyslim.com/login from your smartphone or computer to watch this week's lessons.

Not a Naturally Slim participant? Visit our blog at www.naturallyslim.com/the-skinny for more tips and resources to watch this week's lessons.