



Always Tired?

Do you feel like no matter how much sleep you get you are still tired all of the time? There are plenty of lifestyle changes that can be put in to play to fight fatigue and reclaim your energy. First, look at some of the reasons that may be causing you to always be tired.

Thyroid Disease

20 Million Americans are affected by it, especially women and older adults. Thyroid disease can be caused by hormonal imbalances, stress, diet, food intolerances, radiation and toxicity exposure or a nutrient deficiency in iodine or selenium. Check with your doctor if you think that you have thyroid disease.

Adrenal Fatigue or Chronic Fatigue Syndrome

Similar to how thyroid disease develops, adrenal fatigue is caused by a hormonal imbalance. High amounts of emotional, physical and mental stress can also lead to this type of fatigue.

Sedentary Lifestyle

Sitting all day is very hard on your body causing soreness, pain in your neck, stiffness, back pain and headaches - it can all make you feel like you are always tired! When you don't get regular activity you can experience mood issues, sluggishness, fatigue and weight gain. Exercise helps balance your hormones, improve insulin resistance, get better sleep, releases endorphins, boosts stamina and lifts your mood.

Depression

One of the most common mental disorders and energy zappers in the US is depression. It is caused by high stress, hormonal imbalances, unresolved emotional problems, alcohol, nutrient deficiencies or a variety of other causes. One of the biggest and most difficult symptoms of depression is lack of energy and motivation.

Poor Quality Sleep (Not enough or not consistent)

There are a variety of reasons that most people do not get enough quality sleep. Sleep deprivation has a negative impact on mood, cognitive performance and motor function. Even just a small amount of sleep deprivation over time can really add up and harm your health and mood.

Anemia

Anemia is when a person has a lower than normal level of red blood cells and is related to a low supply of oxygen reaching cells and tissues throughout the body. Anemia can get greatly reduced by improving your diet and including plenty of foods rich in iron, vitamin B12 and folate.

Dehydration

When there is a loss of body fluids (water and electrolytes) and not enough water taken in, you are dehydrated. If you are feeling thirsty, you are already dehydrated. The most common cause is not drinking enough water through the day. Dehydration affects the thickness of the blood and the amount that your heart must beat every minute. When you are dehydrated, everything in the body slows down.

Blood Sugar Imbalance

Most people have blood sugar imbalances that can easily be fixed but they are not aware of how significantly they affect their health and contribute to lack of energy. Blood sugar levels become unbalanced when your diet is too high in various forms of sugar. When sugary, especially processed, foods are consumed they put you on a "sugar high" followed by a "sugar crash". To help manage your blood sugar, start by reducing or eliminating all sources of excess sugar in your diet.

Poor Diet

Almost all of the causes of chronic fatigue can be partially alleviated through changing your diet. This is because your diet ultimately impacts your hormones, sleep cycles, mood, outlook on life, motivation and so much more! Make sure to watch your carb intake, especially those refined and sugary foods. Consume plenty of healthy fats, vegetables, and essential nutrients that will help support ongoing energy.

Mental Health Matters for Everyone

1 in 5 American Adults will have a diagnosable mental health condition in any given year.

50 Percent of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14.

Risk Factors

Genes - Traits we inherit from our families

Biology - Balance of chemicals in the body. Patterns of cell communication.

Environment - Exposure to traumatic events like sudden loss, violence, abuse or neglect. Unsafe communities. Low socioeconomic status.

Lifestyle - Poor diet, substance use or abuse, lack of exercise, irregular sleep patterns

Symptoms and Warning Signs

When people first begin to experience symptoms of a mental health condition, they shouldn't be ignored or brushed aside in the hopes that they go away. Like other health conditions, symptoms need to be addressed early, identify the underlying disease, and plan an appropriate course of action on a path towards overall health.

- Too much sleep or trouble sleeping
- Trouble focusing or having racing thoughts
- Changes in appetite
- Isolating yourself from others or losing interest in things you once enjoyed
- Irritability or having a short temper

For more information go to: www.mentalhealthamerica.net

In Crisis? Call 1-800-273-TALK

Exercise **OF THE MONTH**

Jumping Lunge

Stance: Lunge position with one foot in front and one foot behind, hips lowered into a squat.

- Begin with normal lunge, with front leg at a 90 degree angle in the squat position and back leg behind you.
- Squat body explosively up into a jump.
- Replace your feet in the air, moving back leg in front, and front leg in back.
- Go straight into lunge with opposite legs.
- Keep chest and torso upright and engaged throughout entire movement.



Newsletter Quiz

1. Which cause of fatigue surprised you?
2. What do you do with your chest and torso during the jumping lunge?

To earn your Wellness Incentive Points, e-mail your response to Katie@wellworksinc.com by May 31, 2015.