

# How to get more energy

FATIGUE | EXHAUSTION | BURNOUT

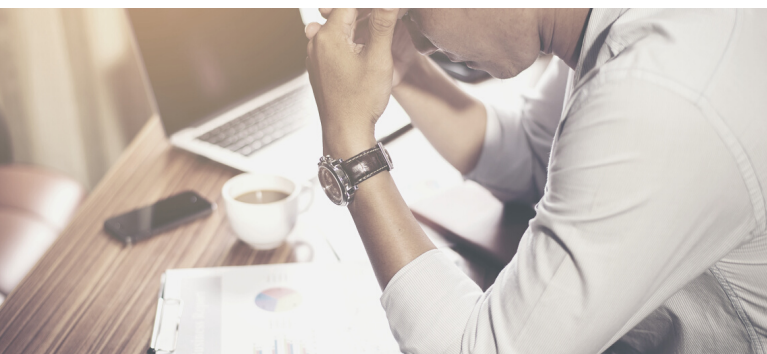


## ARE YOU FULL OR EMPTY?

So many people want more energy. A common question we hear is how do I get more energy? To answer this question, we first must consider "Why don't I have more energy?"

What is energy? Energy is the capacity to function and a combination of a person's past, their mindset, their dominant thoughts, and their perception of the world.

What is fatigue? Fatigue occurs due to diminished mental and physical resources and is a state of reduced functioning ranging from tiredness to exhaustion. It creates an unrelenting overall condition that interferes with usual or desired activities.



### The issue:

To address this issue, we first need to consider why we are lacking in energy. What is it that is depleting us of our resources?

## LACKING IN ENERGY?

Do your eyes feel heavy the minute you open them in the morning? Do you wake feeling unrested? Are you short and intolerant of those around you? Mood fluctuations and irritability familiar? When we are constantly feeling fatigued or exhausted it is time to reflect on what is bringing us down.



### **Common energy zappers:**

- Distressing events – require cognitive energy to process and resolve
- Mental to do lists
- Toxic or unhealthy relationships
- Conflict and stress
- Negative thoughts and attitude
- Taking things personally
- Always checking emails and excessive time on social media
- Overthinking or ruminating
- Constantly trying to please others
- Perfectionism
- Unrealistic expectations (e.g., of how much work to achieve or how many tasks to complete)

### **The buzz on quick fixes:**

We have been engaging in many 'energy boosting' behaviours for a long time and 'quick fixes' have become the norm. From constant coffee consumption to the use of energy drinks and eating sugary foods. Hitting snooze on your alarm for that extra five minutes and using alcohol or drugs for that 'pick me up'. The real buzz on these energy boosting behaviours is that they cause more depletion of energy long term.

## Energy band-aids

These are unhelpful strategies that initially serve as a band-aid, in a way, covering up our feelings of fatigue, before quickly bringing us down and leaving us feeling more fatigued than when we started.



## Maladaptive coping

Maladaptive coping mechanisms, or maladaptive coping strategies, are the methods a person uses to attempt to reduce their stress or anxiety, but in an ineffective, unhealthy way. Quick fixes and energy band-aids actually increase symptoms of irritability, anxiety, and depression.

## SCIENCE-BACKED TIPS FOR ENERGY

So, what should we do? Here are some science-backed tips for increasing energy, improving our functioning, and regulating our mood:

- Eating nutritious food regularly
- Rest and adequate sleep
- Staying hydrated
- Practicing self-care
- Upholding boundaries in relationships
- Say "No" and reduce your load
- Talk about it
- Assess your lifestyle
- Seek professional support with a psychologist

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