

COMBATING FATIGUE

How to combat fatigue to keep you active and doing all your favorite activities!

THE VERTIGO DOCTOR
OAK PT & WELLNESS
VESTIBULAR GROUP FIT!

RESTING & KNOWING YOUR LIMITS

- Learning to say no
- Setting boundaries
- Know how much you can do & when you can do it

SUPPORT FROM YOUR LOVED ONES

- Talk to your loved ones so they can better understand your body
- Give them resource if they're having trouble understanding your description

TALKING TO YOUR WORK PLACE

- Vestibular dysfunctions are disabilities and your workplace should comply with your needs through the ADA

ANTI-INFLAMMATORY DIET

- A proper diet can help promote energy and decrease fatigue

DITCHING CAFFEINE

- Use rest instead of drinking caffeine when you're tired, listen to your body's needs

EYE STRAIN

- Migraine Shields
- Iris App
- 20:20 rule
- Decrease screentime when you can

EXERCISE

- Improves sleep
- Improves endurance



Resting & Knowing your Limits

Quit while you're ahead. Instead of completing all your tasks back to back, conserve energy by task grouping and taking breaks between activities. Small 15-20 minute breaks throughout the day will avoid the evening complete crash.

Know when to say no: you do not need to overwhelm yourself with tasks.

Don't let your battery die completely before you take a break.



Where we start

Where we should quit & recharge

Where we actually quit & recharge



Support From Your Loved Ones

Your loved ones should be a support system for you. All of life does 'take a village.' Use your resources when you can; don't overdo it, especially when you don't need to.

Ask your loved ones for their support in understanding & acceptance. This is not something you've made up. If they're not understanding, ask them to read some resources you can provide them with, about your condition.

Talking to Your Work Place

Through the ADA, your workplace must make reasonable changes for you. You may need a different monitor, a sturdier chair, to work from home a few days a week, or other accommodations.

It's always worth asking your boss. If you can work together, it will make you more productive and healthy. It will benefit you and your workplace!



Dietary Changes

Inflammatory foods have been shown to increase fatigue, while eating a well-rounded diet involving whole foods and proper nutrition will decrease fatigue & inflammation.

Increase Omega-3's (healthy fats), veggies, fruits, and protein.

[Research here](#)



Ditching Caffeine

Instead of drinking caffeine when you're tired, take a break! Go back to the first concept.

Instead of giving yourself an adrenaline jolt, take the time to give your body what it actually needs, which will help you increase endurance overall.

[Find Safe Decaf Coffee Here!](#)

Exercise

Making time for intentional movement every day will build your body's endurance to movement. This new found strength will help your body do more activities for more extended amounts of time. This reduces fatigue and helps sleep!

You're already in Group Fit, so you're doing the right thing!!





Eye Strain

If you use your eyes staring at a screen all day, they're likely going to become fatigued.

Get a non-flicker screen, and decrease the screen brightness/blue light.

Decrease screen time when you can

- Don't eat meals in front of the screen.
- Turn off your screens at least 60 minutes before bedtime.

Other Helpful Resources:

[Migraine Shields](#) (vertigodoc20 for 20% off), Theraspecs, Avulux, or other blue light blocking glasses

[Iris Google Chrome Extension](#): that can dim your screen and 'sleep' your computer for 20 secs every 20 mins to remind you to take a quick break

- It would be even better to get up and walk around every 30-60 minutes.

Sleep

This is related to rest & fatigue, and sleeping enough every night is helpful to differentiate the 'tired' feeling from the 'fatigue' feeling.

Try to avoid napping and instead get to bed at the same time nightly. Everything you need to do tonight will still be there in the morning.

Set your phone to remind you to go to sleep each night (iPhone has this setting built-in under alarms)

Avoid caffeine; this makes it harder to sleep and easier to pretend you're not tired. Rest when you need it; try not to nap for long periods if you can.

If sleep is not getting better, get a sleep study, be checked for sleep apnea and other sleep conditions!

Use your bedroom for two things only: sleep and sex. It should be a place that's relaxing and cozy to help you get to sleep.

