



**Fatigue** — Feeling overtired, with low energy and a strong desire to sleep that interferes with normal daily activities.

When waking up is hard to do, consider the following strategies:

## Fatigue-fighting hacks to supercharge your mornings

**Drink a glass of water first thing.** Fatigue is a classic symptom of dehydration, and even a mild case can trigger feelings of sleepiness, changes in cognitive ability, and mood disruptions. Let a glass of water freshen up your entire body before you get moving.

**Stretch out your tired body with yoga.** Overnight, during REM sleep, your muscles are literally paralyzed (atonia), and reactivating them releases energy-stimulating endorphins.

**Splash your face with water.** Cold showers are reported to reduce sick-day absences from work. If you don't want to take a full shower, a splash of cold water to the face, to signal a temperature change to your body, may also do the trick.

**Eat breakfast to spark your energy.** Skipping this first meal can negatively affect your energy and ability to pay attention throughout the day. Food is fuel. Give your body some calories to put it into action at the start of the day.

**Avoid having sugar until lunch.** Sugary items like sweetened coffee drinks, pastries and breakfast cereals can lead to the classic blood sugar spike-and-drop that leaves you feeling drained.

**Go outside to activate your brain.** Sunlight bumps up your body's serotonin levels, leading to improved sleep — and, therefore, increased daytime energy.

**Get some cardio in, throughout the morning.** Research consistently correlates aerobic exercise

with reduced fatigue. See if you can squeeze in a quick walk or bike ride, or try a longer workout for even more benefit.

**Address your stress.** Is it possible that negative feelings about your job or stressors at home are draining you of morning oomph? You may not be able to fix certain situations overnight, but once you've identified them as a source of mental and physical exhaustion, you can often take some action to alleviate them.

**Give yourself something to look forward to.** Sometimes all we need for an energy boost is a little excitement on the horizon. To beat morning fatigue, consider scheduling a phone call with a friend during your commute, penciling in an outdoor walk on your midmorning break, or pre-making an appealing breakfast that calls you out of bed.

**Go deeper with mental health.** If morning fatigue becomes a chronic problem, it could be caused by depression or anxiety. People with depression can feel worse in the morning or only feel depressed in the morning. The only way to know, however, is to track your mood or see a professional. **Call 719-545-2746 to get started.**

**Practice good sleep (and waking) hygiene.** If your bedtime habits can have so profound an effect on your rest, so too could your waking routine. Sleep hygiene: turn off screens an hour before bed, go to bed at the same time each night, create a comfortable sleep environment.

**Visit our website for more tips on stress relief: [www.Health.Solutions](http://www.Health.Solutions)**

### Health Solutions Support Systems Available in Pueblo

**Are you feeling overwhelmed with anxiety, fear and uncertainty?**

Give Health Solutions a call. Our phones lines are open 24/7/365.

**VISIT**

Health Solutions  
Crisis Living Room  
1310 Chinook Ln.  
Pueblo, CO 81001

**CALL**

Health Solutions  
Crisis Services  
719.545.2746



**STATE HOTLINE**

Colorado Crisis Services  
1.844.493.8255

**OR TEXT**

Colorado Crisis Services,  
text TALK to 38255