

Fatigue is a progressive decline in alertness and performance. It can occur due to prolonged mental or physical activity, sleep loss, or disruption of the internal body clock.

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous

Fatigue Impairs:

- Health
- Judgment
- Hand-eye Coordination
- Reaction Times
- Concentration
- Problem-solving abilities
- Moods
- Motivation Levels
- Morale
- Communication Skills
- Relationships

Tips to Combat Fatigue and Stress

Sleep when you are tired.

- Create a sleep routine – Go to bed every night, including weekends at the same time.
- Wake up at the same time every morning, including on weekends.

Exercise regularly.

- During the day, get up and walk around
- Do Stretches and breathing exercises

Talk to someone.

- Don't shoulder your challenges alone.
- Stay in touch with family and friend.
- Use Employee Assistance Program resources.

