

# *Fighting Fatigue*

Take It Ezzzy



The best way to overcome fatigue is to get good healthy sleep. People who feel fatigued should also change their lifestyle patterns:

- Don't skip meals or go on crash diets.
- Improve your time management skills to work smarter, not harder.
- Learn your body's signs of getting tired, take breaks during and between tasks, before you get tired.
- Reduce negative effects of stress by learning to say no, making more time for relaxing, sleeping, exercising and having fun.



*pilbara health*

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