

RECHARGING YOUR MIND - SAYING GOODBYE TO MENTAL FATIGUE!



RADIANT HEALTH AND WELLNESS

ABOUT

Annerie



I am Annerie Feldman. I am an accredited Health and Wellness coach, based in Sydney, Australia, founder of the BOSS your Lifestyle method.

I help young women create the body image that exudes confidence through 🌻

- 🌻 Fitness- and Nutrition habits
- 🌻 Mindfulness
- 🌻 Aligning with your authentic self

I know how stressful it can be to mentally and physically exhausted and not manage your negative self-talk and replace it with positive affirmations. For example, instead of saying, "I am too tired," saying, "I am capable of achieving my goals." This shift in mindset can help you to feel more confident and motivated to take action towards your fitness and health goals, get out in nature and trying to eat healthy and exercise enough, giving your best to your work, and interacting with family and friends. FEELING WORTHY and CONFIDENT!

<https://radianthealthnwellness.com/>

MENTAL EXHAUSTION AFFECTS THE WHOLE BODY

Hey, fabulous gals! Let's dive into a topic we can all relate to – **mental exhaustion!** 🧠

You know, that feeling when you've been acing life with your mind, but suddenly **your body's** like, "Wait up, I wanna be tired too!" 🤯🤯

It's not just in your head – mental fatigue comes with its own body party. You're not just running the mental marathon; you're invited to the Aches and Pains Gala too! 🎪

Here's the scoop: treating your brain like a non-stop machine is a big no-no. Your mind needs a spa day too, girl! 😊 And guess what? Mental exhaustion isn't just a solo act. It brings along its entourage of headaches, backaches, muscle aches – it's like a not-so-cool clique crashing your party. **And oh, don't even get me started on Ms. Sleep Struggles!** 😴

Time to hit pause, sister! Let's embrace the power of a mental reboot. Give yourself that much-needed **break**, maybe even a sneaky catnap [sshh, we won't tell!]. **Your mind AND body will thank you**, and you'll be back to owning life with a refreshed spirit and all the energy you deserve! ✨

#BossBabes #MindMatters #ChillTime





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Take note of the **symptoms** that are caused by mental exhaustion. If you have more than a few of these and have been burning the wick at both ends, consider mental exhaustion a potential culprit.

- Constant sleepiness
- Frequent headaches
- Hallucinations
- Impaired decision making
- Inability to concentrate and focus
- Irritability
- Loss of appetite
- Memory problems
- Moodiness
- Muscle weakness
- Poor coordination
- Poor judgement
- Reduced immunity
- Slow reflexes
- Sore or aching muscles
- Unexplained dizziness
- Unmotivated



When our brains throw in the towel, our **bodies start waving red flags** like crazy! 🚩 Yup, it's your body's way of saying, "Hey, **slow down**, supergall!" So, let's make a pact – we're gonna be besties with the signs of mental fatigue. Time to decipher those body emojis!

But don't fret, empress. You're not stuck in ExhaustionVille forever. We've got some mental rescue strategies up our sleeves, and we're ready to spill the tea! ☕🌻 So stick around as we navigate the path to kicking mental fatigue's butt and emerging victorious!

#MindMatters, #PowerThrough #YouGotThis

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HOW TO OVERCOME MENTAL EXHAUSTION

Let's have a heart-to-heart about something we've all tangled with – the dreaded mental exhaustion.

Imagine this: you're rocking life, feeling like a moviestar. Then BOOM – mental exhaustion swoops in! But hey, don't you worry, we're on a mission to kick its tired butt! 🚀💥

Hold onto your chair, because **here's the golden ticket – prevention!** 🧠 Yep, it's like having a secret weapon to keep mental exhaustion at bay. So, are you up for mastering the art of outsmarting this sneaky foe? **Let's dive in and show mental exhaustion who's boss!**

- **Track How You Spend Your Time** – If you don't know how much you're really doing, it can be easy to just keep going 24/7 and never take a break. Take some time to track what you're doing daily for about a week. You can use your smartphone to track your activities or you can go old school and carry around a small notebook to record your activities in.
- **Drop Activities That Don't Produce Real Results** – When you look at the activities you did while tracking, note the things that aren't really producing results, or that are busy work, or that are completely unnecessary. For example, do you go to a lot of meetings? Do you have to? Do you spend a lot of time trying to help a relative, friend, or someone else without results? Let go of anything that you can either just stop doing or outsource. Or if you must keep doing it, find a way to put limits on it.



..... OVERCOMING MENTAL EXHAUSTION CONTINUES

- **Get a Good Night's Sleep** – Don't forget how important sleep is. Most adults should seek to get between six and nine hours a night. It largely depends on your genetics how much sleep feels right for you. Work with what you know you need. If you're having trouble sleeping at night, address that issue so that you fall asleep fast and your sleeping time is productive. To help get used to this process, go to bed and wake up at the same time every day for at least 30 days. You can start with the least time and work your way up to find out which amount of time works best for you to make you feel rested each day.
- **Exercise Every Day** – Schedule in exercise time each day. It doesn't have to be strenuous exercise. It can be as simple as a brisk walk. You also don't need to schedule in an entire hour. Look at your schedule so that you can determine if you have 10 minutes to walk six times a day, or three 20-minute walks a day. You can also separate that out into different types of exercise. The important thing is to get up out of a chair and move as much as you can.
- **Eat Right** – Enough cannot be stated about eating the right type of food for your body. What you eat often depends on what you need. Ask your doctor to test your blood levels for vitamins and then eat the things you need to avoid deficiencies. Try eating smaller meals throughout the day which will give you a break, boost your energy, and help you stay more focused.



..... OVERCOMING MENTAL EXHAUSTION CONTINUES

- **Stay Hydrated** – It can be very easy to get dehydrated. Most adults should drink between eight and ten 8-ounce glasses of water each day to stay hydrated. If you exercise strenuously you'll need more. Tea, coffee, soda, and sugary drinks [even fake sugar] are all dehydrating and don't do the same thing as clean, filtered water will. Take the challenge and commit to drinking enough water for 30 days, and you'll see a huge difference.
- **Take Regular Breaks** – When you are doing mental tasks, it's hard to want to take a break sometimes because there are times when the time is just flying by as you work, and you just don't notice. But, it's imperative that you take regular breaks. Since the brain works in 90-minute cycles, one way to accomplish breaks is to set up five- to ten-minute breaks every 115 minutes. Set a timer if you must. Get up and stretch, go for a fast walk, grab a snack, drink some water, and you'll come back refreshed.
- **Rest Your Eyes** – Many people who are using their brains all day tend to sit in front of a computer. Computer monitors are very bad for your eyes. You can install software such as f.lux [<https://justgetflux.com>] to help lessen the strain, but getting away from the monitor on your regular breaks is going to help too.



..... OVERCOMING MENTAL EXHAUSTION CONTINUES



.Understand That It's OK to Do Nothing – A lot of smart, busy people tend to be uncomfortable with **downtime**. They feel as if they're slackers. But, even if you have a **mentally exhausting job** as compared to a physically exhausting one, everyone needs to get away sometime. Schedule your yearly vacations and do something. Even if you just stay home and look at local sites, that's okay – everyone needs downtime and everyone needs time to do nothing.

Put Everything in Your Calendar – One reason people get over scheduled doing too much and become mentally exhausted is that they think they're magic. They think they can do 48 hours of work in 24 hours.

But, if you started putting everything on your calendar properly, you would see that you just can't. **First, schedule the must-dos. Then add in family time, date night, friend time, and "me" time to your day. Don't add anything to your schedule that will reduce these important things.**

Hey there, mental supergal! Feeling like your brain's doing the cha-cha and your energy's playing hide and seek? We've all been there! Here's a sneaky trick to outsmart mental exhaustion – the secret weapon of **"The Strategic Mini-Break"**! 🌿

Imagine this: you snag a Friday or Monday, or maybe both [we're all about those extended weekends, right?]. **It's your time to shine – rest, recharge, and reboot!** 🌟🌟 Picture yourself **sipping water like it's your job, nomming on those brain-boosting snacks, and just soaking in that feel-good vibe.**

And then, guess what? You're back to work or school, and you're like a shiny new version of yourself! 🌟 So go ahead, plan that mini-vacay for your mind, and come back rockin' the world with your revitalised self!

THANK YOU



So there you have it, fabulous girls – the ultimate guide to taking on mental exhaustion like the true rockstars you are! Remember, it's all about tuning in to your body, **mastering the art of prevention**, and giving yourself the TLC you deserve. Keep rocking that mental strength and watch exhaustion slink away! ✨ #RockOnAgainstExhaustion

Not all journeys are easily travelled alone. As a health and wellness coach focused on lifestyle management, I offer to walk this road with you and other travellers, in my structured “BOSS your lifestyle” program.

I would love to connect with you in my private facebook group, Let's Connect: Join my FB group - Don't just do life, let your wellness thrive
<https://www.facebook.com/groups/3060280420877601>

Shoot me a DM if you want to explore working closely with me for a period of time to support you in your your journey to improve your Lifestyle Balance.

<https://radianthealthnwellness.com/>



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