

Need an Energy Boost?

Tips to Manage Fatigue at Work

When you're tired and having difficulty focusing, try these tips:

- **Grab a power snack**, such as a granola bar or peanut butter sandwich on whole grain bread.
- **Avoid simple carbohydrates and sugars** such as white bread, candy, chips and soft drinks. They may give you a temporary boost, but you'll crash soon after.
- **Limit caffeine**. A serving or two of caffeine can help your alertness, but then drink plenty of water to keep your body hydrated.
- **Get moving**. A short, brisk walk can do wonders for your energy level, even if it's just through the halls of your office.
- **Vary your routine**. Drive a different route to work, try a new place for lunch or switch up another part of your day. If you're having trouble focusing on something, make your brain shift gears by switching to a completely different task for a few minutes.

