

Addressing Fatigue Workshop



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*Inspiring excellence.
Transforming lives.*

Workshop Overview



What is fatigue

Causes of fatigue

Negative effects

Fatigue management

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What is fatigue?

An ongoing state of tiredness that result in mental and/or physical inefficiency and prevents individuals from performing at their optimal level

Self-Reflection



**What are the things
that make you feel
particularly tired or
drained at work?**

Causes of fatigue

Work role/
work-
overload

Change in
work
environment

Hours of
work

Burnout

Personal
stress

Negative effects / symptoms



**Poor work
Performance**



**Negative mood /
Mood swings**



**Poor colleague
Relationships**



**Poor
concentration**

Negative effects / symptoms



Burnout



**Physical
exhaustion**



**Mental
Health
Challenges**



**Ineffective
Personal
Relationships**

A man with short dark hair and a beard is shown from the chest up, wearing a light blue patterned button-down shirt. He is sitting at a desk with a laptop in front of him, resting his head on his right hand with his eyes closed, appearing tired or stressed. The background is a blurred bookshelf filled with books. A white rounded rectangular box is overlaid on the image, containing the text 'Managing Fatigue' in a bold, dark red font.

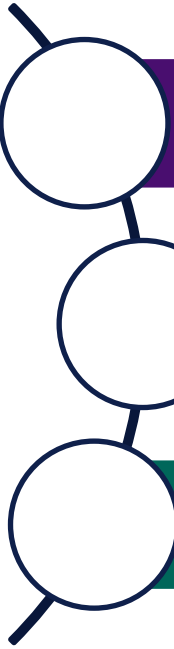
Managing Fatigue



Mindfulness session

<https://www.youtube.com/watch?v=w62HwTxf2mk>

Short-term techniques to address fatigue



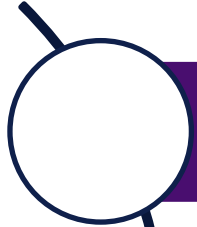
Drink a cup of coffee when you really need to stay awake. Caffeine has stimulating agents that can improve alertness levels.

Take a 10- minute nap or longer to improve mood and alertness

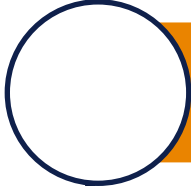
Take sleeping tablets. Sleeping tablets are effective in inducing sleep



Long-term techniques to address fatigue



Sleep for at least 7 hours. Sleeping helps the body and the mind to rest and recharge.



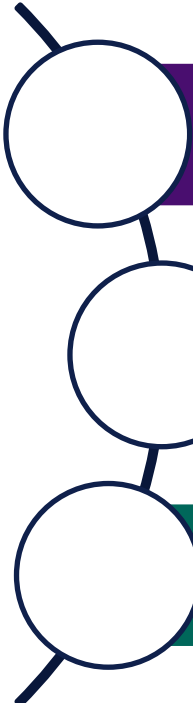
Maintain a healthy diet. Avoid skipping meals as that affects your energy levels



Engage in physical activity such as taking regular walks and jogging. Also, maintain a healthy body weight.



Long-term techniques to address fatigue



Take time off every week to do the things that you enjoy such as reading your favourite book or try out a new recipe

Manage your stress by meditating and engaging in relaxation activities

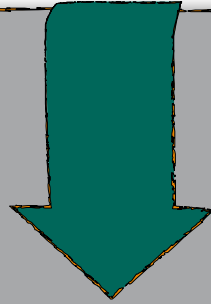
Adopt a healthy balanced lifestyle. It is equally important to focus on yourself and family.



What to avoid when fatigued

- *Caffeine should not be consumed four hours before bedtime*
- *Reliance on sleeping tablets as excessive use may lead to high tolerance and dependence*
- *Excessive use of drugs and alcohol as that may lead to addiction and dependence*





CAREWAYS CONTACT INFORMATION:

Call toll-free **0800 004 770**

SMS your name to 31581

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THANK YOU

Contact us for more information

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