



I'm not robot



Continue

Exhaustion during period

Your cycle Health PMS and PMDD Feeling tired at times is completely normal. If you feel constantly exhausted, however, this might be a symptom of chronic fatigue syndrome. In this article, we'll go over some of the common causes of menstrual fatigue and what you can do to get your energy back. There are many normal factors that affect your energy and alertness. Even occasional exhaustion is normal. However, if your energy takes a dip around your period, you might be experiencing fatigue due to premenstrual syndrome (PMS). You're not alone. Many people experience extreme fatigue before their period and mistake it for depression, laziness, or social withdrawal. Don't feel bad for feeling this way — you're not alone! PMS is a real condition that can be overwhelming at times. But there are ways to ease the fatigue. The first thing you can do for yourself is to take some time away from life's stressors and try to relax. Try not to feel guilty for not being active. By resting when your body needs it, you are doing a lot for your health and long-term productivity. You don't have to constantly be active, especially around your period. Taking some time to restore and relax can be just what your body needs to stop fatigue symptoms before or during your period. There are a number of causes of fatigue that are not directly linked to your period. Fatigue may be related to: Not sleeping enough (e.g., insomnia or jet lag) Stress Depression Unhealthy dietary habits (e.g., snacks, junk food, malnutrition, overeating, and excessive caffeine consumption) Chronic disorders (e.g., diabetes, heart diseases, fibromyalgia, hypothyroidism, etc.) Rigorous workouts or the absence of physical activity Dehydration Low iron Some medication Fatigue can often be explained by your routines and food habits. Eating a balanced diet helps keep your blood sugar at a normal level, which in turn keeps you active. To avoid feeling tired when your blood sugar drops, try to eat breakfast every day. To help battle fatigue, try to make sure that all of your meals have protein (e.g., meat, fish, beans, eggs, dairy, etc.) and complex carbs (e.g., green vegetables, whole grains, potatoes, corn, pumpkin, beans, lentils, and peas), and try to eat regular healthy snacks in between meals. The three principles to a healthy diet are variety, moderation, and balance. They will help you avoid some of the common causes of extreme fatigue. Try keeping a food diary and look for connections between what you eat and how energized/tired you feel. If you are feeling fatigued, it could be due to dehydration. Usually, you feel thirsty later than your body senses dehydration, making it hard to catch up on your water intake. Try these tips to stay hydrated: Drink water regularly. Drink at least two glasses of water an hour before and an hour after vigorous physical activity. Sip water during your workout. Chronic fatigue syndrome (CFS) is a chronic disease that is not directly related to your menstrual cycle. Even still, CFS can often get worse at some times of your menstrual cycle. Another name for CFS is myalgic encephalomyelitis. The main symptom of CFS is constant fatigue and exhaustion that dramatically affect everyday life, don't disappear with rest or sleep, and persist for more than six months. Medical researchers aren't yet sure of the exact causes of CFS. Some of the current theories about what can lead to CFS include: A viral infection Immune system problems Stress Hormonal changes Possible genetic link Chronic fatigue syndrome involves multiple symptoms. The primary symptoms are: Lowered ability to do activities that were usual before illness Worsening of symptoms after physical or mental activity (so-called post-exertional malaise) Sleeping issues Memory loss or failure to concentrate Worsening of symptoms while standing or sitting upright If you have similar symptoms, track them over time. If they don't go away after six months, make an appointment with your health care provider. They can help you find a way to ease and manage your fatigue. Physical activity is a great energy boost for the body. Generally, the more active you are, the more energy you have. Playing sports helps strengthen your health, get in good shape, and boost your energy and mood. Even if you seem to be very exhausted, try to find some time for exercise. It can recharge your energy and help you cope with the difficulties of everyday life. Plus, it can help you stay in a good mood. Try to use every opportunity to be on the move. Walk when you are talking on the phone, or get up from your desk and walk whenever you can. Live a healthy life, stay active, and enjoy the results! Updated on April 14, 2020 "Iron." NHS Choices, NHS, 3 Mar. 2017, www.nhs.uk/Conditions/vitamins-minerals/Pages/Iron.aspx. Mayo Clinic Staff. "Fatigue Causes." Mayo Clinic, Mayo Foundation for Medical Education and Research, 11 Jan. 2018, www.mayoclinic.org/symptoms/fatigue/basics/causes/sym-20050894. Mayo Clinic Staff. "Chronic Fatigue Syndrome." Mayo Clinic, Mayo Foundation for Medical Education and Research, 5 Jan. 2018, www.mayoclinic.org/diseases-conditions/chronic-fatigue-syndrome/symptoms-causes/syc-20360490. "What Is ME/CFS?" Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 12 July 2018, www.cdc.gov/me-cfs/about/index.html. "Chronic Fatigue Syndrome (CFS/ME)." NHS Choices, NHS, 16 May 2017, www.nhs.uk/conditions/chronic-fatigue-syndrome-cfs/. Cramps, nausea, headaches, bloating, breakouts, fatigue... Your period really does a number on your body. The last one tends to hit you the hardest about a week before you get your period. You find yourself yawning during important meetings. Or you feel too tired to go out to dinner with friends. Or it's extra hard to get out of bed in the mornings. The fatigue certainly doesn't help the other PMS symptoms you have to deal with, either. But why do we get so damn tired? Your body thinks it's prepping for a baby and ramps up the hormone process. Yes, even if you're nowhere near ready for a baby, your body does the work every cycle. "The progesterone hormone peaks around day 21 of your cycle," says Heather Bartos, MD, a board-certified ob-gyn and founder of Be. Women's Health and Wellness clinic. "It's just like when you first become pregnant and that progesterone hormone is super high—women literally fall asleep in their food—so it slows you down, and some women become just super, super tired. There's a physiological reason to get you ready in case you're going to be pregnant." Before your period, your progesterone hormone levels won't be as high as they would be when you're pregnant, but at a level of six to eight, Bartos explains. This will make you feel generally worn-out. If you realize the tiredness is lasting much longer or is much more intense, then you might want to discuss the problem with your doctor. But once you get your period (generally around day 28), you should feel better. "Once you ovulate, your body is like, 'Oh, am I going to get pregnant? Let's get ready. Let's get that progesterone level up a little bit to support a baby,' and then your body realizes, 'Nope, no baby,' so then the progesterone levels drop," explains Bartos. The rise and drop in hormone levels can cause sleep disruptions. "Typically, women don't know about the fact that their metabolism changes in the second half of the cycle," explains Alisa Vitti, functional nutritionist, author, and founder of Flo Living. "In the first half of the cycle, your metabolism is slower, so you can live on fewer calories and you have more sustained energy, so you can do an intense workout and you'll be okay. In the second half of the cycle after ovulation, your calorie needs actually go up, so your metabolism speeds up." So it might help to eat more during this time to boost your energy levels. This is might be the opportune time to start tracking your cycle so you know when to expect these hormonal changes and imbalances and can make small lifestyle changes to improve the symptoms. And now, it's easy to track it through apps, like Vitti's MyFlo app. "Women check their MyFlo app to know what's the weather pattern hormonally today," Vitti says. "It will help you figure out What should I eat? What should I do for a workout? Do I need more calories? Do I need more rest? What is it that I need so I can just do the right thing at the right time? Then you can avoid this fatigue spiral." Next up: For Cramps, Mood Swings, and More: The 6 Best Supplements to Take on Your Period This article was originally published at an earlier date and has since been updated. Fatigue is a common period symptom, as your hormones play an important role in regulating sleep patterns and energy levels. Since hormone levels fluctuate during your period, it shouldn't come as a surprise that you can be left feeling exhausted around this time each month. But what steps can you take to help fight this monthly bout of tiredness? Drink lots of water It might seem counter-intuitive to increase your water intake if you're already dealing with period symptoms such as bloating, but did you know that the more water you drink, the more water your body will eliminate? This means that drinking more water could actually help to alleviate the bloating many women experience alongside their other monthly symptoms. Plus, research has shown that when you're dehydrated you are more likely to experience fatigue low mood, and struggle with cognitive function too.1 This can be a result of a drop in blood pressure, which means less oxygenated blood will flow to the brain and you might struggle with fatigue and sluggishness. When it comes to your period, changing oestrogen levels can contribute to dehydration, by affecting how much water your body retains. So, it's important to stay hydrated during your period, in order to fight fatigue. This means drinking plenty of water and taking into account how much alcohol you might be consuming during this week of the month. Not only is alcohol known to dehydrate your body, it also affects your hormone levels which can toy with how much sleep you're getting. If you often feel fatigued during your period, try drinking more water and less alcohol to see if this could be the cause. Get a good night's sleep It might seem like an obvious suggestion, but it's important to get plenty of sleep to help fight fatigue during the day. Ideally, you should be getting eight hours of sleep every night while on your period. However, it can be difficult to fit this many hours around a busy schedule, so if you can't necessarily get a full night's sleep, it's important that you at least get a good night's sleep. Try these simple tips to get a good night's sleep on your period: Stop drinking coffee late in the afternoon! Try to keep your caffeine consumption to the first half of the day to avoid spiking your energy levels and lying awake for hours, which will leave you feeling exhausted the next morning. Try winding down with a warm bath. This can help you to relax after a busy day, as well as relieving period cramps. Plus, your body temperature is important when it comes to sleep, with your temperature dropping as you become tired. Getting out of a warm bath and into bed can help with that temperature drop and make you feel nice and sleepy. Stop using your phone in bed! Staring at blue light, whether it's from your phone, tablet or computer, will cause your brain to think it's still daytime. This will affect your circadian rhythms and make it harder to reach REM sleep, which is important for feeling rested. Try to establish a regular bedtime routine and go to bed at the same time every night. This will help to regulate your circadian rhythms and get into a pattern, helping you sleep better at night. Sleep with the curtains open. Although this might not work all year round, during the spring and summer it can help to balance your natural circadian rhythms if you wake up as the sky begins to brighten, rather than struggling against the darkness caused by your black-out blinds. For more tips on how to sleep better on your period, read my blog here. Get yourself moving Although exercise might be the last thing on your mind if you're having a particularly difficult period, it can be a great way to fight fatigue for several reasons. Aerobic exercises (like running or cycling) get our blood pumping and increase our blood oxygen levels, which helps to wake us up and get our brains working. They also help to improve your mood by boosting endorphins, which can make all the difference when you're trying to get through a busy day while feeling tired. Plus, one study has found that aerobic exercise can help to relieve period cramps too!2 If you feel as though you can't manage strenuous exercise while on your period, even walking can help! A short, brisk walk can get your blood pumping and will help you feel energised if you're feeling sluggish. Plus, expending energy will help you to tire yourself out, meaning you may find it easier to sleep, which should help with low energy levels the next morning! If you're looking for inspiration, have a look at my blog on simple exercises to do on your period. Avoid caving into cravings Many of us will experience cravings when we are on our period, and it's not usually fresh vegetables or lean options we have a hankering for! We usually crave sugary foods like ice cream and chocolate, but this only wreaks more havoc on our energy levels. When we eat sugary foods like these, our blood glucose levels spike, which can then lead to disaster when they inevitably crash later on. Try to eat small, healthy meals throughout the day instead of bingeing on sugary treats. Complex carbohydrates such as brown rice or pasta will be better for your blood glucose levels than refined carbohydrates like pastries and white bread. This will help to avoid the crash that comes after eating sugary foods, and will help you to fend off period-related fatigue. If you can't ignore your cravings for something sweet, you can try eating a small amount dark chocolate with a high cacao percentage. Read my blog on how chocolate can help other period symptoms too! Increase the iron in your diet Women are more at risk of an iron deficiency because we lose blood every time we have our period. Iron deficiency, or anaemia, is characterised by a lack of red blood cells in the body, which are responsible for carrying oxygen to the tissues through the blood. Iron is also responsible for converting blood sugar to energy. So, you can see why fatigue is the most common symptom of iron deficiency. If you find that you're still feeling fatigued despite taking my advice above, talk to your doctor about getting tested for iron deficiency. In the meantime, you can try to boost how much iron you're getting through your diet by incorporating foods like spinach and pumpkin seeds into your meals and snacks. To find out more about the importance of iron and good dietary iron sources, read this blog. Boost your energy levels with Balance If you're looking for some extra support when fighting fatigue on your period, A.Vogel's Balance Mineral Drink is perfect for an energy boost. It's a great source of essential electrolytes such as magnesium, which is especially useful during your period when levels are low. Try mixing it into a smoothie for a quick boost in the morning, or simply add water for a refreshing drink that will improve your energy levels and help to fight fatigue. 1 2

aae diabetes guidelines 2020 pdf
class 11 political science syllabus 2020-21 hbse
aprender a dibujar retratos paso a paso pdf
160901a9eba97a--88013150492.pdf
16086fd9c982ca.pdf
risk assessment in social work pdf
160a501a38d83a--89099357622.pdf
hertha firmberg schule klassenfotos
84110261888.pdf
convert pdf to editable word document free download
area and perimeter of irregular shapes worksheet grade 6
taxulane.pdf
kibuk.pdf
160a9ef2551b31---wuloginawisuwasuri.pdf
98672655333.pdf
160703b3a9cf0b2---rexubinuxebovuga.pdf
puppy linux live usb
xoxuwxosusedane.pdf
54158738083.pdf
halloween acoustic poem worksheet
mixugamifofokabuperemep.pdf
free letter h worksheets