



Be active and gain more energy...

"I'm so tired." "I haven't got the energy." It's an epidemic. Are you feeling it too? Do you wonder how you'll get through another day or where you'll find the energy to do the things you need to do, let alone have some left over? The good news is that most cases of exhaustion can be remedied with a few simple interventions. Exercise is one of the quickest ways to boost energy and research proves that even short bursts of activity can significantly improve wellbeing.

Have you had a checkup recently?

If your level of tiredness is extreme and can't be explained by a lack of sleep while caring for sick children, after the arrival of a new baby or some other recent event, it's a good idea to chat with your health care professional and have a checkup. They may request blood tests and discuss your stress levels and general wellbeing.

Recognise the cost of fatigue and do what you can

Sufficient rest, adequate nutrition and regular movement are three main factors that influence energy levels and yet, strangely, it is these very things that often 'go out the window' when life gets busy or we feel pressured. The resulting fatigue and debility are very costly, especially when it means we miss opportunities to play with our children, connect with our partners or catch up with our friends because we're too tired.

How many reasons do you need to exercise?

Regular exercise can boost your mood, provide protection against chronic disease, help you maintain a healthy weight and even encourage better sleep. Best of all, it can be fun! **A pill that promised all these benefits would surely be a best seller!** Despite all these benefits, it doesn't come easily for some. *"I don't have time."*, *"I have to get up too early."*, *"The kids don't give me a minute to myself."* are common objections that you may be familiar with. A wise man once said that objections are what we see when we lose sight of the goal, so if you've caught the tiredness epidemic, 'get on your bike' - make it your goal to move more and do what it takes to boost your energy. **Don't forget to make it fun!**

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au.

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- ✓ Top priority: Get enough sleep, eat well and move!
- ✓ Teach your family to do the same
- ✓ Fatigue costs! Do something about it.

"The secret of getting ahead is getting started."

Mark Twain

Encouraging women to develop and enjoy dynamic family relationships is Laurie's special focus. With four children, a clinical practice and as the co-founder of Bare Hands, she understands many of the challenges of modern day families and has spent the last 30 years studying and practising strategies and skills that really make a difference.



Laurie Morrison Co-founder Bare Hands, Mother, B.HSc, Strategic Psychotherapist.

Bare Hands
Practical life strategies for women