**EVALUATE YOUR FATIGUE LEVEL**

Rate yourself on a scale of 1 to 5 for each statement:

**1 = always, 2 = often, 3 = sometimes, 4 = seldom, and 5 = never.**

Then add up your score and check the rating scale below and some recommended actions.

|  |  |  |  |
| --- | --- | --- | --- |
| **Statement** | | | **Rate** |
| I have a nice work/home life balance. | | |  |
| I have lots of energy and enjoy life. | | |  |
| I socialize with family and friends. | | |  |
| I relate well with people and have a good sense of humour. | | |  |
| I'm in control of my life and find ways to solve my problems. | | |  |
| I'm a good sleeper and wake up refreshed. | | |  |
| I don't get stomach aches, tense muscles, or headaches. | | |  |
| I do at least 30 minutes of moderate exercise five times a week. | | |  |
| I eat 2 or 3 well-balanced meals a day. | | |  |
| I eat breakfast every morning. | | |  |
| I don't smoke. | | |  |
| I have no more than 2 alcoholic drinks a day. | | |  |
| I enjoy my work and feel like I'm doing something useful. | | |  |
| I'm close to being my proper weight. | | |  |
| I don't have anxiety, low self-esteem, or depression. | | |  |
| **Total** | | |  |
| 15-22 |  | You’ve got some positive fatigue management behaviours! | |
| 23-38 |  | You’ve got some good skills, but need some improvement. | |
| 39-75 |  | You could be more at risk for the effects of fatigue. Follow some of our suggested tips below to help manage fatigue. | |

Tips To Help You Manage Fatigue:

* Make sure you get 8 hours of sleep! Sleep at the same time each day.
* Avoid exercise and alcohol 1 to 2 hours before sleep
* Avoid caffeine and nicotine before going to bed as they are stimulants
* Eat only a light snack before bed. Large heavy meals interfere with the normal sleep cycle
* Eat healthy and regularly – 5 vegies and 2 fruits a day
* Do 30 minutes of exercise a day. Exercise will give you stamina and help you to fall asleep later
* Walk and stretch whilst on the job to help stay awake
* Take all scheduled work breaks
* Stay well hydrated throughout your day

***Where to get help?***Speak to your doctor if you are frequently tired or fatigued to see if there are other underlying causes. Where necessary, raise with your manager for workplace support.

***\*Intended for educational purposes only.***