

Wee changes can make a **big difference**

Tips to have more energy



There can be many reasons why we may have no energy, including some health conditions, if you are concerned about your health, please speak to your GP, these tips are for self-management and don't replace professional advice.



Sleep is important

If we feel we don't have enough energy, then we need to look at our sleep habits and see if we can get into routines which work better for us. Sleep, for some, no problem, head on pillow few minutes later and, they're off! For others, sleep does not come easy and the more you think about the fact you can't get to sleep, the harder it is to sleep. However, sleeping and sleeping well are essential for our physical and mental health. This may be of interest www.cope-scotland.org/index.php/latest-blog/a-poor-night-s-sleep-and-fatigue

What can keep us awake at night?

There can be many reasons why we find it hard to get a good night's kip: We may work shifts, or have a young baby who needs cared for, or we may be worried about something. We may have chronic pain and it keeps us awake. We may be bored as each day feels like the day before and not much happened, so we cat nap throughout the day, then can't sleep at night. Too much sleep is also not good for us. We may be caring for someone and their poor sleep affects our sleep. We may have had an upsetting experience and are scared to go to sleep in case we have bad dreams. Where we stay may be noisy, there may be light pollution from streetlights, cars, buses. We may not feel safe to sleep. We may have had too much coffee, tea, fizzy drinks, or smoked cigarettes, or a combination of all these things. We are all unique so what keeps us awake can be unique too.

Eat a balanced diet

We wouldn't expect a car to run on no fuel, so our bodies need fuel and the right fuel to meet our body's needs, fatigue can be one of the signs of a diet which isn't balanced. This site offers further advice on the benefits of and what constitutes a healthy diet www.nhsinform.scot/healthy-living/food-and-nutrition It's also important not to become dehydrated, so make sure and drink enough water.



Being with others

Some people find being around others who are important to us can give us energy. It maybe for whatever reason you haven't been able to spend as much time with people who recharge your energy, become aware of this, and explore how you can make more time for the people and activities which matter to you. This piece maybe of interest www.cope-scotland.org/index.php/latest-blog/being-interested-in-others

Wakening easily

Studies by Orfeu Buxton, an associate professor of biobehavioural health at Penn State University, suggest, we all have a flight or fight response, abrupt noises can wake us up and put us on full alert, if you find it hard to sleep, you will find being wakened like this can make it harder to get back to sleep. Noises like the sea are non-threatening sounds, which vary in volume so are less abrupt and more likely to lull you back to sleep. For more information on this study follow this link. www.livescience.com/53403-why-sound-of-water-helps-you-sleep.html You will also find on You tube many videos of the sea, why not check them out see if you can find one which works for you?



Specific challenges to a healthier sleep

If you have some specific challenges in your life which are affecting your sleep explore what services or opportunities are around locally which may help you address them. For example, if chronic pain is an issue, find out are there any Mindfulness courses near you, or perhaps centres which offer meditation classes. This piece maybe of interest, www.cope-scotland.org/index.php/latest-blog/wee-tips-to-help-reduce-suffering-caused-by-chronic-pain If you are caring for someone and aren't already linked into a carers centre, find one near you and see what support there is that you can tap into. If something is worrying you, find someone to talk to and see if the problem can be solved and if not, explore things which may help you worry less. If you have experienced trauma and are having flashbacks speak to your GP about services which can help you. We often think there is no support or opportunities out there, but it's amazing how when we start to look what we can find. Check out www.cope-scotland.org 'Whit's Happening' resource mags for more info around what may be helpful for you.

Having purpose

Having a reason to get out of bed in the morning, or to do things can give us energy. If you feel you have lost your purpose, this maybe useful www.cope-scotland.org/index.php/latest-blog/is-it-we-feel-lonely-or-is-it-we-feel-we-have-no-purpose You may also find the workbook in this piece useful if you feel you have lost your oomph, as sometimes life can knock the stuffing out of us and leave us feeling drained and with no energy www.cope-scotland.org/index.php/latest-blog/picking-up-the-pieces-when-the-world-feels-changed-1



Self-care including self-talk!

Just like a car needs fuel it also needs an MOT and regular service. If you aren't looking after yourself, you may find there is a lot of energy going out, but not a lot of time being spent topping that energy back up. Making time to relax matters and can make a big difference. This may be of interest www.cope-scotland.org/index.php/latest-blog/relaxation-and-what-we-can-learn-from-frogs The story we tell ourselves about how we are feeling can also impact on our energy levels. This piece may be of interest www.cope-scotland.org/index.php/latest-blog/what-are-you-saying-to-yourself-because-you-are-listening-1



Relax and recharge routines

We become what we do repeatedly! If we never make time to relax and recharge, then deciding to make time means a change in routine and that can sometimes be a challenge. If we find we don't have a lot of energy, then to regain energy, something needs to change. These wee pieces maybe of interest www.cope-scotland.org/index.php/latest-blog/how-charged-does-your-personal-battery-feel-right-now also this for exploring healthier routines www.cope-scotland.org/index.php/latest-blog/healthy-routines-lead-to-healthier-habits Remember, if something really matters to us, we shall try and find a way, if it doesn't, we will find an excuse! So small steps lead to bigger changes and be kind to yourself on the journey. Negative self-talk and worry drains energy, instead try, and find ways to walk on the sunny side of the street. www.cope-scotland.org/index.php/latest-blog/tips-to-feel-more-optimistic-about-the-future