



Love Yourself Well

Module 3 – From fatigue to freedom

What We'll Cover

- ▣ What your fatigue might be telling you
- ▣ Identifying energy leaks
- ▣ Simple tips to rediscover your energy
 - ▣ Food + water
 - ▣ Sleep hygiene
 - ▣ Boundaries + scheduling
- ▣ Weekly challenge



Some causes of fatigue

■ Physical

- Poor intake or absorption of nutrients
- Lack of Sleep
- Stress
- Dehydration
- Hormonal imbalances
- Harmful bacteria
- Lack of oxygen
- Caffeine and sugar
- Environment – light, clutter
- Too much screen time



Addressing physical fatigue

- Promote cell's optimal functioning
- Nutrient Dense Food
 - Crowd out with vegetables
 - Reduce caffeine and sugar
- Hydration
- Movement
- Fixing imbalances/mal-absorption
 - Gut health
 - Hormonal health
- Sleep
 - Eye mask
 - Before midnight
 - Limit screens
 - Routine



Some causes of fatigue

- Mental + Emotional
 - Stress
 - Anxiety
 - Ruminating
 - Negative thinking
 - Limiting beliefs
 - Overscheduling
 - Working too much
 - Natural introversion
 - Wearing a mask
 - Doing things out of fear/extrinsic reward
 - Lack of boundaries and relationship drama
 - Playing the victim



Addressing mental + emotional fatigue

- Scheduling time out
- Self awareness/self enquiry
- Boundaries
- Getting clear on what's important
- Therapy/counselling
- Changing limiting beliefs
- Mindfulness meditation
 - Create space in the mind



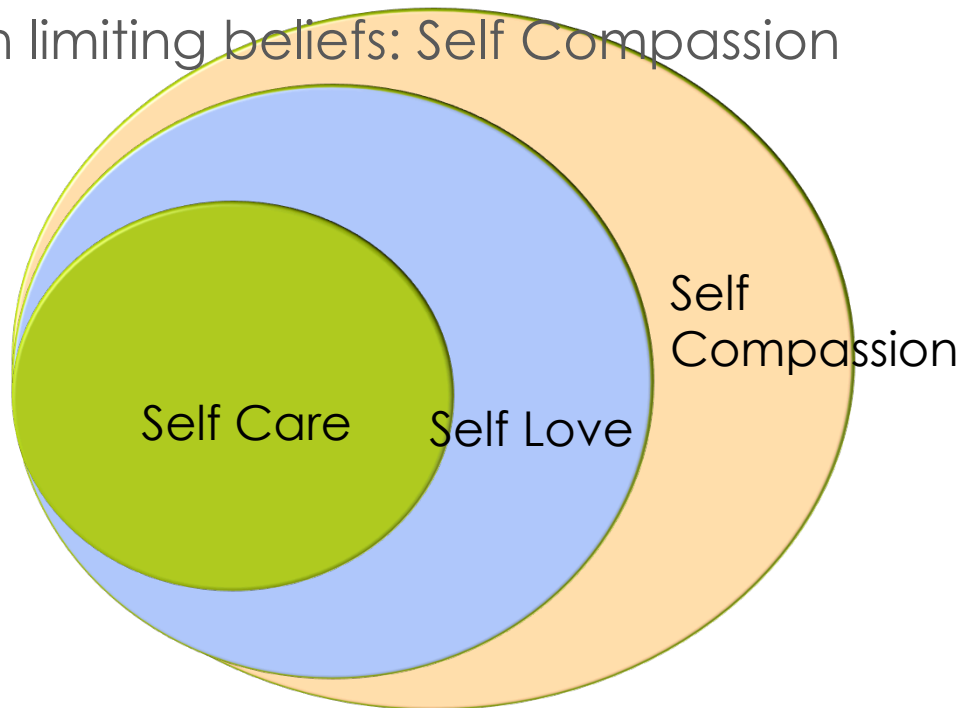
Six surprising causes of fatigue

- 1. The 'I'm not good enough' belief
- 2. Disconnect between who you are on the inside and the life you are living
- 3. Lack of creativity
- 4. Self criticism
- 5. Disconnect from the natural world
- 6. Clutter



How to get more energy

- 1) Enable the cells to do their job: Self Care
- 2) Create space in the mind: Self Love
- 3) Work on limiting beliefs: Self Compassion



Your causes of fatigue

Time to Take stock:

What is causing fatigue in your life?



The Energy Bank Account

- $\text{Energy} = \text{Energy In} - \text{Energy Out}$
- We can use our bodily feedback to guide us on what people/places/activities fill up our bank account and what people/places activities take it away?
- Expansive, energized, happy, thrilled = energy in
- Constricted, drained, unhappy, negative = energy out



Your causes of fatigue

Weekly Challenge – Identify your Energy leaks

+ What people/places/activities give me energy?	- What people/places activities take my energy away?

Your most energized day

■ What would it look like?



Why you don't need to get better at time management

- It's not about finding more time, it's managing your time better
- Prioritising what's important and letting go of or batching less important things will give you more energy
- Learning to sit with uncomfortable feelings/mindfulness
- WHY are you doing things?
- Working on the scarcity mindset –there is enough/ you are enough



Weekly challenge

- This week your challenge is to complete your energy leaks worksheet and notice where you are giving out too much energy.
- Choose ONE habit to implement over the next two weeks to improve energy – e.g. saying no, drinking water, good sleep hygiene
- Use the weekly practice to prioritise what needs to be done based on your why

