



MEDICAL CONDITIONS

MANAGE FATIGUE; BEAT DEPRESSION

Fatigue and depression are two factors that can reinforce one another. Studies have shown that patients who are depressed are four times more likely to become fatigued, and those who are fatigued are twice as likely to become depressed.

During a study, researchers found that while fatigue and depression shouldn't be considered the same disorders as they each have different risk factors, there are overlaps between the two. Chronic fatigue can lead to feelings of distress, while depressed people may report a lack of energy. In managing both conditions, the researchers found a positive response from the effects of exercise.

"CHRONIC FATIGUE CAN CAUSE DEPRESSION, AND DEPRESSION CAN CAUSE FATIGUE."

Fatigue can be caused by a number of other factors. Things like stress, anxiety, poor lifestyle, sleep disorders, medication, medical conditions, home circumstances, or working conditions. Chronic fatigue can lead to reduced productivity and an increased risk of injury and illness.



What are the symptoms of fatigue?

Someone who is suffering from exhaustion or fatigue may display the following signs and symptoms:

- A constant desire to sleep.
- Irritability.
- Poor memory and concentration.
- Reduced capacity to judge risk.
- Reduced capacity for communicating with others.

Overcoming both fatigue and depression can be managed by changing your lifestyle. Adding regular exercise to your routine and working out for even 10-30 minutes most days of the week could help.

For individual advice, consult your employee wellbeing programme.