

Fatigue



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Mind

How's your tank?

- How's your fuel tank?
- Understand the signs of fatigue
- Take action to reduce fatigue

**Your fatigue is a danger to all of us.
Speak up if you're fatigued.**



Fatigue



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Being fatigued can make us more likely to have accidents and get injured. It also affects our mental health and ability to cope day to day.

How's your fuel tank? Ask yourself...

- Have you been awake for more than 17 hours? How much have you slept in the last 72 hours? Have you been told you snore or stop breathing in your sleep?
- Do you wake up refreshed? How often do you get up before 4am?
- How many caffeinated drinks do you have a day? Do you feel sleepy during the day, or fall asleep in moving vehicles?

Understand the signs of fatigue – How are you feeling?

Do you feel:

- Sleepy, clumsy, slow to react, easily distracted, don't really know what's going on around you?
- Headachy, dizzy, find it hard to speak or think clearly?
- Feeling weak, easily angry or annoyed, can't remember things well, feel like you get sick a lot?

In the red on the fuel gauge? Take action!

- Get enough rest between shifts – aim for at least 7 hours' sleep, try to go to bed and get up about the same time each day even when you're not working, sleep in a dark, quiet, comfortable place.
- Get exercise, and lots of daylight, eat at regular times – but not just before bed – drink water to stay hydrated.
- Avoid caffeinated drinks, alcohol, nicotine, or use digital devices within two hours of going to bed.

Understand your risk. Reassess in a month – has it improved?

Type 2 diabetes



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Body

- Know your risk for type 2 diabetes
- Change what you eat
- Change what you drink

HbA_{1c} If person is not a known diabetic



Eat more whole foods

Read nutritional panels on packaging



Type 2 diabetes



Diabetes can lead to serious health conditions, such as heart disease, nerve damage, blindness and kidney failure.

Know your risk for type 2 diabetes

- This means knowing your 'HbA_{1c}' reading, which is how much glucose sticks to your red blood cells taken across a three month average.
- To find this out, see your GP for a blood test. If your reading is between 41 and 49 on the gauge, you are likely in the orange zone, which means you could be pre-diabetic. If your reading is over 50, you could be diabetic. Aim to have your blood sugar level in the green, so below 40.
- Measure your waist as it's a good indicator of general health – measurements considered healthy are for men's to be under 100cm, and women's under 86cm.

If you are diabetic or pre-diabetic, get help from your doctor

Here are some things we can all do to reduce our blood sugar levels.

Change what you eat

- Eat more whole foods and less processed food – for example buy a sandwich with salad instead of a pie.
- Avoid sugar – in processed foods, choose options with less than 10 grams of sugar per 100 grams.
- Eat more vegetables – have a variety of colours on your plate, including green leafy vegetables.

Change what you drink

- Water is the best drink.
- Avoid sweet drinks, which might give you a boost but make you feel tired later. These include natural fruit juice, fizzy drinks, energy and sports drinks, and alcohol.
- Also avoid artificially sweetened drinks.

What's a sugar?

Sugar can be called lots of names. On ingredients lists, look for things ending in 'ose', like sucrose, glucose, maltose, galactose, fructose.

Understand your risk. Reassess in a month – has it improved?

How big is your waist?



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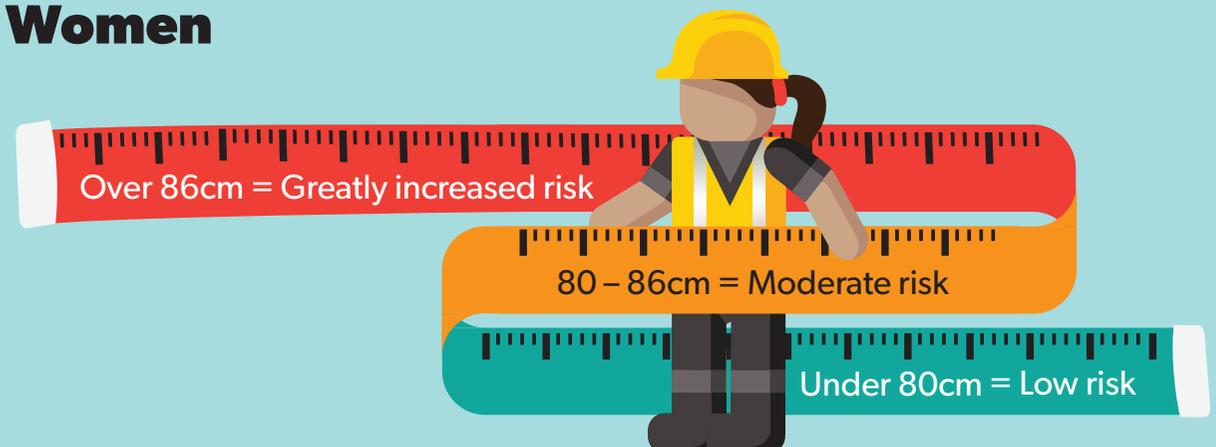
Body

- Measure your waist
– take action if it's too big
- Eat a variety of foods
– avoid sugar, salt and too much fat
- Move as much as possible

Men



Women



How big is your waist?



The size of your waist is a good indication of your health. If it's too big, you have a higher risk of developing conditions like heart disease, high blood pressure and diabetes.

Measure your waist – then take action if you're in the red or orange zones of the graph

- Take a tape measure, breathe out, then measure around your waist halfway between your hipbone and ribs.
- Your health could be at risk if it measures more than 100cm for men, or 86cm for women.
- If it's above that – and you're in the orange or red zones of the graph – you should take action to reduce your waist size.

Eat a variety of foods – avoid sugar, salt and too much fat

- Eat lots of vegetables, with smaller serves of fruits and wholegrain carbohydrates, like brown rice and brown bread.
- Eat good-quality protein and healthy fats – so chicken, unprocessed red meat, fish, beans and lentils, nuts, olive oil, seeds and eggs.
- Avoid processed and sweet foods – like pies, chips, pizza, baking, fizzy and energy drinks.

Move as much as possible

- Be as active as you can at work – get out of the machine every two hours, walk on breaks, walk short distances to pick something up.
- Play a sport – but take it slowly if it's been a while.
- Be active with your family – play with your kids, walk places instead of driving.

How active should you be? Do at least 2½ hours of moderate or 1¼ hours of hard physical activity spread over the week.

Understand your risk. Reassess in a month – has it improved?

Reduce high blood pressure

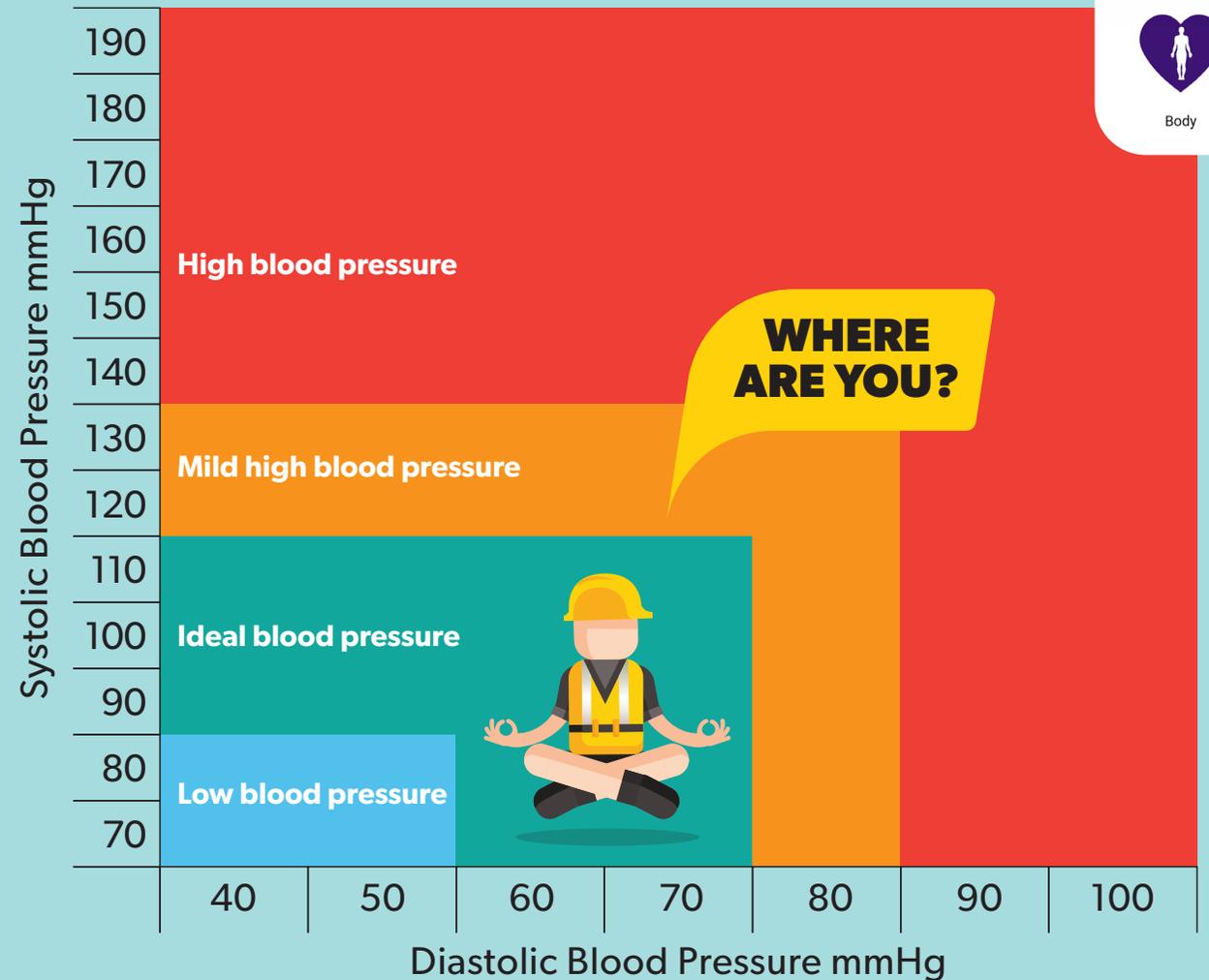


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Body

- Know your blood pressure – measure and monitor regularly
- Reduce smoking, salt, stress
- Reduce the size of your waist



Reduce high blood pressure



People with unhealthy blood pressure readings have a higher chance of heart attack or stroke.

Know your blood pressure – then measure and monitor regularly

- Know the symptoms of high blood pressure – headaches, fatigue, problems seeing, chest pain, difficulty breathing.
- Find out your blood pressure – get measured at the doctor's or a pharmacy.
- If your blood pressure is consistently '140 over 90' (140/90) or higher, you have high blood pressure.

If you have high blood pressure, you will need help from your doctor.

Here are things we can all do to lower our blood pressure.

Prioritise the three Ss:

- **Stop SMOKING** – Quitting can reduce blood pressure and bring other benefits, like more money and better health.
- **Eat less SALT** – eat less than 1 teaspoon of salt a day. Stop adding salt to food and read nutrition panels on packaged food, choosing foods with under 120 milligrams of sodium per 100 grams.
- **Manage STRESS** – try to change what is stressing you, or try not to be bothered by things you can't control. Get enough sleep and regular exercise. Keep connected to friends. Talk about what's stressing you. Text or call 1737 anytime to talk to someone.

Reduce your waist size – if you measure over 100cm around the waist for men and 86cm for women, lose some weight.

- Extra fat means the heart must work harder to push blood around, which raises blood pressure.
- Change what you eat – choose more whole foods and less processed food, avoid saturated fat and sugar.
- Change what you drink – water is best, avoid sugary drinks and alcohol.

Understand your risk. Reassess in a month – has it improved?

Stressed out



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Mind

- Use a buddy system
- Manage your stress
- Know how to get support



Stressed out



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Life can be stressful, which can add up to us feeling pressured, angry, anxious, and even depressed.

Use a buddy system

- Check on each other – it's OK to ask a mate how they're doing if they don't seem themselves.
- Check on yourself – have you had enough sleep? Are you hungry? Need exercise? What's stressing you out?
- Keep your 'emotional bank' in credit – do what you enjoy as much as you can, which ideally is healthy and active.

Manage your stress

- Reduce stress long-term – try to change whatever is stressing you and let go of stressors you can't control.
- Get enough sleep, regular exercise, and eat nutritious food – these are known to improve mental health.
- Make time to see people – strong connections help, so spend time with friends and family.

Know how to get support

- Tell your boss if you need some time to deal with whatever is going on.
- See your doctor or an employment assistance programme (EAP) to see how they can support you.
- Call or text 1737 to talk to a trained professional about anything stressing you out.

Be understanding and supportive: If a workmate or friend is stressed out, support them. Often we just need someone to talk to.

Understand your risk. Reassess in a month – has it improved?