

10 effective ways to get your energy back

1. Balance Blood Sugar

Fatigue often comes from blood sugar dips.

- Eat regular meals with *protein + healthy fats + fibre
- Avoid sugary snacks or refined carbs (they spike and crash your energy).

2. Prioritise Sleep Quality

Hormonal shifts disrupt sleep, so improve your sleep hygiene:

- Keep a cool, dark bedroom
- Go to bed and wake up at the same time daily
- Avoid screens 1 hour before bed
- Try magnesium or a sleep-support tea

3. Move Daily (Even Just 20 Minutes)

Exercise boosts energy, even if you're tired to start.

- Brisk walking, yoga, swimming, or strength training
- Helps regulate hormones and improves sleep too

4. Cut Back on Caffeine (After 2 PM)

Too much or late-day caffeine can mess with your adrenal glands and sleep.

- Swap coffee for green tea or herbal teas
- Try a caffeine curfew (e.g., no coffee after lunch)

5. Stay Hydrated

Dehydration causes fatigue and brain fog.

- Aim for 1.5–2 litres of water a day
- Add lemon or cucumber if plain water bores you

6. Get Your Iron & B12 Checked

Menopausal women are at risk of low iron or B12, especially if periods are heavy.

- Ask your GP for blood tests
- Fatigue is a major symptom of deficiency

7. Try Adaptogens or Supplements

Natural supports for hormone balance and energy:

- Ashwagandha (for adrenal support and calm)
- Rhodiola (for energy and stamina)
- CoQ10 or Vitamin D3

8. Watch Alcohol Intake

Alcohol disrupts sleep, adds to hot flushes, and drains energy.

- Try alcohol-free days or low-alcohol alternatives
- Notice how you feel after drinking—does it zap your energy?

9. Practice Stress Management

Chronic stress exhausts your nervous system.

- Try breathwork, mindfulness, or journaling
- Even 10 minutes a day helps reset your nervous system

10. Don't Push Through—Rest Wisely

Fatigue isn't laziness.

- Schedule in rest breaks during the day
- Take short naps if needed (20 mins max)
- Honour your body's new rhythm