

How to Stop Feeling Sluggish Everyday

Description



[Image credit](#)

One thing that nearly everyone misses from their childhood is their energy. Those high energy levels made you instantly feel awake the second you got out of bed, all the way until bedtime. It's honestly amazing how much energy children have, and the more physical activity they do, the more energized they get! When you're a dad, you need to keep your [energy levels consistent](#), and you're going to have to be just about as energized as your kids. Can it be tough? Absolutely; generally speaking, for the average person, you become more sluggish as you age.

Even for teenagers, it's the case; they're so sleepy all the time. But with that said, you're still going to need to push yourself, and you're still going to need to get those energy levels up. A lot of people, especially those in their thirties or older, tend to be sluggish on a daily basis. Whether you're a parent or not, you can't really get much done if you're so sleepy all the time. So, with that said, here's how you can stop feeling so sluggish every day.

Are You Stressed? Manage That First!

Did you know that stress can make you sluggish? Sure, sometimes stress kicks into overdrive to the point where you can't sleep. But that's not all. Stress can release adrenaline, which is a healthy and natural hormone that gives you a burst of energy to handle a situation, but over time constant stress can cause fatigue. Taking steps to reduce your stress levels, like streamlining harried mornings at home or scheduling some relaxing activities, such as a walk in nature or a soothing yoga session, can help you combat feelings of exhaustion. If your feelings persist, check with a doctor to see if they may be related to a more serious health condition.

Talk to Your Doctor

Whether it's [Dr. Kelly Roan](#) or your local doctor, it's best to bring up the fact that you're feeling sluggish. If it's almost every single day, then this could actually raise some alarm bells for your doctor. You might have an iron deficiency or even lack in B12, two things that people tend to be severely missing without even realizing it. So talk to your doctor, and try to push for some blood work, as this might indicate what the issue is.

Take a Look At Your Diet

[You are what you eat](#), and if you eat badly, you're hands-down going to feel bad too. The food we eat plays a major role in our energy levels. Eating foods that are high in saturated fats can slow digestion and take oxygen- and energy-delivering blood away from your muscles, leaving you feeling tired. Similarly, eating too many carbohydrates can cause your blood sugar to spike and crash, making you feel exhausted and sluggish.

Try to eat smaller meals and snacks throughout the day rather than three large meals to keep your blood sugar stable. Also, be sure to eat iron-rich foods like beef and iron-fortified cereals as well as leafy vegetables and beans, and pair them with vitamin C to enhance absorption.

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