



Mastering Mindfulness for Emotional Management Part #3

Managing Fatigue

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Meaning of Fatigue: Fatigue is a feeling of constant exhaustion, burnout, or lack of energy. It can be physical, mental, or a combination of both. Fatigue can affect anyone—most adults experience it at some point in their lives.

There are several reasons we feel fatigue:

- In different seasons (spring, summer, fall, winter)
- In the morning (when you wake up)
- During the day
- In the evening (when you go to bed)
- At work
- At home

What we do when we feel fatigued:

- Eating or sleeping
- Complaining or emotional
- Entertaining, drinking, smoking, playing games, etc.
- Staying alone and do things alone
- Exercising or going to nature

There are physical fatigue, mental fatigue and social fatigue

The conditions of fatigue affect each other:

- Physical fatigue: Tension, pain, heaviness, tiredness, exhaustion, feelings of darkness, emptiness, and numbness, etc.
- Mental fatigue: Brain chatter, gossiping, judgment, doubt, cravings, nervousness, fear, loneliness, etc.
- Social fatigue: Self-consciousness, people-pleasing, reactivity, passivity, avoidance, depression, phobias, and panic attacks, etc.

What to do:

- Physical fatigue: Practice mindful eating, consume easily digestible foods, ensure good sleep, and maintain healthy bowel movements.
- Mental fatigue: Engage in mindful movement and breath work.
- Social fatigue: Open your heart, recover self-love, and regain a sense of integration.

Tips for managing fatigue daily:

1. Exercises:
 - Body tapping to bring attention to your body
 - Breath work to refresh your condition
 - Energy meditation to recover self-love
2. Mindset:
 - "I love myself."
 - "I can do it."
 - "If I choose, I can love others."
3. Courses to enhance well-being:
 - Initial awakening: Connecting with your body.
 - Water up, fire down: Restoring the body's natural energy-recharging system.
 - Finding your true self: Creating harmony between the thinking brain and the emotional brain by recovering the sense of making choices.