

LET'S TALK

# MENTAL HEALTH

## Feeling Fatigued

*Fatigue is feeling constantly mentally or physically exhausted.*

Some causes of fatigue are:

**Work-related** - working long hours, poor work-life balance, or a high pressure job

**Personal** - financial stress, living with chronic illness, lack of social support, and strained relationships

Fatigue often goes hand-in-hand with burnout - a state of chronic stress - that leads to:

- physical and emotional exhaustion
- cynicism and detachment
- feelings of ineffectiveness and/or lack of accomplishment

69%

of workers feel  
fatigued at work

### Signs you may be experiencing burnout:

- forgetfulness, inability to concentrate
- anxiety or depression
- increased irritability, lack of patience
- lack of productivity or poor performance
- headaches, body aches
- upset stomach
- insomnia
- increased illness

### How to cope with fatigue:

- **Remove the stressor** - ask for help if you're overwhelmed and set personal boundaries
- **Take a break** - take time to pause and recharge
- Exercise - help your body protect itself from stress
- **Practice relaxation techniques** - mindfulness, yoga, or deep breathing exercises
- **Get more sleep** - create a bedtime routine & stick to it
- **Contact your doctor** - if fatigue interferes with your daily activities they may be able to help.

97%

of fatigued workers have reduced  
cognitive performance

*They tend to make more errors, become less productive, and are unable to make reasonable judgments.*

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*It is a construction worker's Catch-22: While they are free to take a day off anytime they wish, most feel the money is just too good to pass up in their on-again, off-again industry where year-long layoffs are commonplace.*

*"I have no social life, none at all. Like today, I mowed the lawn and then fell right into bed, dead tired. Every so often, you have to take a couple of days off. It's not only for your body, but for your mind. And for your family too."*

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#### Recognize It

Look out for common signs and symptoms



#### Try It

Find coping strategies that work for you and share with others



#### Support Others

Everyone experiences fatigue. Help each other when things get tough



#### Get Help

Reach out to your doctor for support and guidance

Call or text - 988

[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)



# SIGN IN

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Scan for mental  
health resources



**HOLD ON PAIN ENDS**



**AGCMO**  
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