

ARE YOU ALWAYS TIRED ?

Feeling tired nowadays has become a common phenomenon.

A small household activity or outdoor activity is enough to make one tired.

While it is okay to feel tired occasionally but a continuous feeling of tiredness could be clearly indicating towards a particular habit which definitely needs to be improved.

There are several times when your body is craving for rest even after not doing enough of activity.

If that is the case then you need to watch out the following signs to know the appropriate reason behind your tiredness.

A Few Signs As To Why You Might Be Feeling Tired On A Regular Basis:

Skipping Breakfast

- Not having breakfast in the morning can make you feel sluggish and tired the entire day.
- Hence it is necessary to eat a good breakfast in the morning to stay fresh and energetic all day long.

Saying No To Water

- Drinking water solves all your problems.
- So if you have not been drinking enough water there are chances that you might get dehydrated which would ultimately make you feel tired and irritable.
- Drink at least 10-14 glasses of water per day.

Consuming Junk

- Junk foods are easily accessible but poor in nutrition.
- Junk foods are loaded with unhealthy fats , preservatives and extremely high concentrations of salt and sugar.
- These foods are enough to fill your tummy and are tempting too but at the same time can lead to insulin spikes and predispose one to health issues like obesity.
- If you have been regularly snacking on junk food then its time to stop it as it is visibly posing an issue for you.
- Opt for a healthy diet and say no to processed and fattening foods.

Lack Of Iron Consumption

- The body requires iron to make red blood cells.
- If you do not have enough iron in the body, red blood cells won't be produced and if red blood cells aren't produced then it could be a problem for the entire body.
- Iron deficiency can lead to tiredness and weakness.
- Eat iron rich foods like leafy greens, sunflower seeds, garden cress seeds, seafood, beans, poultry and dried fruits (prunes, apricot and raisins), dates and tofu.

Skipping Exercise

- Exercising boosts your metabolism, aids in keeping health concerns at bay and keeps you fresh.
- Skipping your exercise regime leaves you tired and unhappy.

Not Getting Enough Sleep

- While work may demand staying up till late night but it's extremely important to get at least 6-8 hours of sleep in a day.
- If do not get enough sleep it can ultimately make you tired the next day which would degrade your performance at work.

Striving To Be Perfect

- Accept the fact that no one is perfect.
- All of us are born with flaws and continue to make certain mistakes in life intentionally or unintentionally.
- Hence trying too hard to be perfect can lead to disappointment and obviously a feeling of tiredness.
- Just be yourself and everything shall fall in place.

So bid adieu to the prolonged tiredness by following the above mentioned habits.

Say yes to a happy life by saying no to tiredness...