

# Fatigue

Exhaustion has become a status symbol of today's hectic lifestyle. There is no doubt that the stress of our fast-paced lives can be wearing and the consequences, serious.

Fatigue is different from drowsiness.

Drowsiness tends to feel like the need for sleep, while fatigue is a lack of energy and motivation. Drowsiness and apathy can be symptoms of fatigue.

In most cases, the fatigue we experience is not from being physically tired, but from being over-worried and under-exercised. While you believe you are too tired to exercise, exercise will energize you rather than tire you. Try these yoga solutions to combat fatigue and increase your well-being.

## Yoga Solutions

**Legs up the Wall Pose**  
Viparita Karani

**Reclined Cobbler's Pose**  
Supta Baddha Konasana

**Downward Facing Dog**  
Adho Mukha Svanasara

**Relaxation Pose**  
Savansana

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### Did you know...

The body's processes have peaks and low points during every 24-hour period. These are called circadian rhythms. Time cues - such as sunlight and work/rest schedules keep the circadian clock "set." Crossing time zones or changing from a day shift to a night shift forces the circadian clock to move to a different schedule. Time is required to adjust to the new schedule. Disruption of the circadian rhythm when combined with loss of sleep can create a dangerous increase in fatigue.

# Fatigue



## *Legs up the Wall Pose*

Viparita Karani

1 to 10 minutes

**Props**

- ✓ One bolster
- ✓ A wall

**Instructions:**

1. Place a folded bolster a few inches away from a wall. Sit sideways on the edge of the bolster, with the right side of your body touching the wall.
2. Slowly lower yourself down to the bolster so that your legs swing up the wall and your back body rests on the bolster. Once your legs are up the wall, make sure you are as close to the wall as possible. The bolster should support your lower ribs. If the backs of your legs feel uncomfortable in this position, scoot the buttocks away from the wall. Make any other small adjustments to bring relaxation.
3. Bring your hands to your sides, palms facing up. Relax your throat and the sides of your neck. Descend your chin slightly.
4. The most important thing to do in this pose is "nothing" - just relax. Stay, breathing evenly, for 1 to 10 minutes.
5. To come out of the pose, bend your knees, roll onto your right side and sit up slowly.

**Modification:**

If you prefer, practice this pose with your back flat on the ground.

## *Reclined Cobbler's Pose*

Supta Baddha Konasana

1 to 5 minutes

**Props**

- ✓ Two blocks or two blankets

**Instructions:**

1. Start by lying on your back with your legs bent and the soles of your feet on the ground close to your hips. Drop your legs open so the soles of your feet come together. Position your arms on the ground so that your hands are six to eight inches from your sides with palms facing upward. Relax.
2. Initially stay in the posture for one minute, breathing evenly. With practice increase the time in the pose to 5 minutes.

**Modification:**

If you feel strain in the groin, support the thighs with blocks or blankets as shown.

**Fatigue** - a feeling of weariness, tiredness, or lack of energy

**Alternative Names:**

Tiredness; weariness; exhaustion; lethargy

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## Downward Facing Dog Pose

Adho Mukha Svanasara

15 seconds to 1 minute

**Instructions:**

1. Kneel on all fours with your arms shoulder-width apart and your feet hips-width apart. Flip your toes under so that your heels face the ceiling. Exhale and lift your sitting bones as you straighten your legs. Keep the weight balanced between your hands as you stretch through both arms. Keep the feet parallel and heels lifted off the floor. If you are more experienced, continue lifting the sitting bones as you lower the heels to the floor. In either case, pull your thighbones back into your hamstrings.
2. Hold for 15 seconds to 1 minute, breathing evenly. Keep your throat soft. Gradually increase your time in the pose to one minute.
3. To come down, bend your knees and come back to all fours.



## Relaxation Pose

Savasana

2 to 10 minutes

**Props**

- ✓ Blanket

**Instructions:**

1. Lie on your back with the knees bent. Straighten your legs about one foot apart and allow them to drop gently out to the sides. If lying flat is uncomfortable, keep the knees bent at a right angle and/or place a rolled blanket behind your knees. Place your hands about eight inches away from your sides, palms facing upward.
2. Observe how your body is making contact with the floor. Is the weight distributed evenly between the right heel and the left? The right and left buttock? The right shoulder and the left shoulder? Is the weight centered evenly on the back of your head? If not, make any adjustments necessary. Draw your shoulders down and away from your ears.
3. Close your eyes. Keep your breathing smooth and free of tension. Let your eyeballs relax into their sockets and allow everything around you to recede. Relax your jaw, the corners of your mouth, your throat. Let go completely. Stay in the posture for 2 to 10 minutes.
4. Move out of Relaxation Pose slowly. Take a few deep breaths. When you feel ready, slowly open your eyes. To come up, roll onto your right side and stay for a moment. Then slowly move to a sitting position before standing up.