



## How to Fight Fatigue at Work

Check the five-point fatigue quiz to see where you stand in the fight against chronic tiredness at work. Perhaps you can use the Wednesday night and Sunday afternoon “break” to your advantage.

“A certain amount of fatigue,” advises Dr. Roland W. Weight, “is to be expected in any well-functioning human being. A person wouldn’t be normal if he didn’t get tired at times.”



But if you are weighed down by chronic fatigue, the chances are that you become unexplainably and irritatingly tired because of an aimlessness in your life—because of a sense of failure, or a feeling of being a misfit.

The normal tired feeling that bothers most of us arises from physical exhaustion. It is nature’s way of warning you that your muscles and tissues have reached their limit of endurance.

[Learn more](#)