

**Chapter 1 : Are you tired of feeling worn out and tired | Healthy Lifestyles Living**

*I am tired, I am weak, I am worn. Through the storm, Through the night, Lead me on to the light Take my hand precious Lord, Lead me home.*

Are your daily lifestyle choices setting you up for illness in later life, or even worse are they impacting your life right now? Take our quiz today and find out! Are you finding yourself constantly bemoaning to your family, friends and work colleagues about feeling tired and worn-out? Do your muscles and joints ache all the time? Are you finding your throat feels dry and throbbing headaches come on without warning? Maybe you are feeling foggy-headed all the time, and have difficulty remembering something you did only a few hours ago. Do you have a hard time focusing or keeping your eyes open during the day? Even though you are totally exhausted all the time, you have trouble falling asleep and staying asleep. Just going to the corner shop seems like a huge task. This lack of energy is getting more and more apparent. Dull skin and hair, puffy eyes, and you are relying on crutches such as caffeine, sugary snacks and medication to get you through the day. Your brain is all over the place, always distracted, too tired to go out socialising. Do you remember awaking in the morning feeling your energy bubbling over into excitement just because it was a new day with new possibilities. Nothing could get you down for long because you had the energy to overcome any obstacle. Nothing stood in your way. You were loving life, looking great, feeling amazing and life was truly good! But somewhere along the way things changed, and you no longer have the energy you used to have. The good news is that there are steps we can take to prevent ourselves from constantly feeling exhausted. Here are a few ideas to get you started on the right path to feeling energised. Eat a satisfying breakfast but a light lunch. A heavy lunch, especially one with lots of carbs or fat will slow you down for hours later. Eat a big breakfast instead. It provides the fuel you need for the day, at the time when your body needs it the most. Eat low glycemic foods. Eat good, complex carbohydrates low glycemic index not the bad, simple carbs sugar. Carbohydrates with a high glycemic index lead to the sugar being more easily digested by your body. That results in a spike in energy followed by a low-sugar crash. Eat more soluble fiber. Soluble fiber is the kind that slows down the rate of absorption of sugars. It evens out your energy levels by preventing a sugar high and crash. Introduce nuts, grains, fruits, vegetables, beans, and oats into your diet. Eat protein at every meal. One of the most important ways to keep your blood sugar balanced and energy levels high is to include protein at every meal. The best protein sources include fish, lean meat, chicken, eggs, yogurt, and whey protein powder. Eat smaller, more frequent meals. Snack throughout the day. Limit sugar and caffeine intake. Sugar and caffeine give you instant energy, but a few hours later, and in the long term, they will only make you more tired. Try having one cup of green tea instead. Taking supplements is necessary to ensure adequate amounts in your system and to cover any deficiencies. Make sure you do not have any medical conditions that can cause fatigue. These include low thyroid function, low iron, high iron and a range of other ailments which can be determined by blood tests. Eat lots of Berries. Especially berries that are blue, red, or purple. The color comes from anthocyanins, a powerful antioxidant, that boosts energy. Any kind of berry will contain tons. Yogurt with live cultures keep your digestive system clean, which helps your body absorb all the nutrients from food. That makes you healthier and more energetic. Yogurt is also a good low-fat snack. Take a Power Nap. But do it in your chair. Any longer and it will have the opposite effect of knocking you out for the rest of the day. Wake up at the same time every day. This sets your body clock. We need hours of sleep to be fully rested. Drink lots of water. Dehydration is a cause of fatigue. If you consistently drink less than 8 cups of water a day, you may be sluggish all the time. Get a 2 litre water bottle. Your goal is to drink one bottle daily. Ginseng is well-known to have energy boosting properties. It is an adaptogen, which means it build resistance to stress and boosts energy. A ginseng supplement or sipping tea with ginseng can help improve energy. Exercise helps our bodies in many ways. When we exercise, our bodies rest a lot more effectively. Beyond that, it keeps our bodies performing well. It allows us to metabolise food more efficiently and keeps us energised longer. This drains you of energy and motivation. Eliminate low-value tasks from your to do list. Take one day and just do whatever you want. No work, no chores, no errands. Enjoy your one full day of vacation, then come back to

work more motivated and energetic. Look on the bright side. A generally upbeat and optimistic outlook on life will keep your energy level up. If you want to break out of a slump, get yourself excited about something in your life and build on it, carrying that energy forward and keeping it going. Think about the up side, not the downside. One common problem is that we think about how hard something is. Exercise sounds so hard! Just thinking about it makes you tired. Crush negative thoughts; replace them with positive ones. Start monitoring your thoughts. Just spend a few days becoming aware of every negative thought. Then, after a few days, try crushing those negative thoughts like a bug, and then replacing them with a corresponding positive thought. Do a Random Act of Kindness. Help someone expecting nothing in return. Afterwards, you will both feel better. Get your world organised. Keep your house and work space clean and clutter free. One of the quickest ways to generate new and fresh energy is to clear away stagnant energies by throwing out useless materials. Schedule time for your leisure, so you have an emotional outlet. Do whatever it is that brings you the most happiness. It might be indulging in a bubble bath, reading a saucy romance novel, or breaking out of your routine to go dancing. Stand up, stretch and take a couple of deep breaths. Stretch your arms, back, legs, and neck. Take a deep breath through your nose, hold it, and let it out slowly and forcefully. This will take 30 seconds and will be an instant fix. Go into the countryside. Spending time with nature is a great way to feel better. Take a long leisurely walk in the countryside, and take some deep breaths.

**Chapter 2 : 6 Signs That You're Exhausted (Not Just Tired) - Daily Burn**

*I am tired I am weak I am worn; Through the storm through the night, Lead me on to the light: Take my hand, precious Lord, Lead me home. When my way grows drear.*

Twenty20 If you stifle yawns in 2 p. Exhaustion has been linked to issues with appetite regulation, heart disease, increased inflammation , and a 50 percent increase in your risk of viral infection. Your lips are dry. Yes, this is a common woe in cold-weather climates. Breus , PhD, a board-certified expert in clinical sleep disorders. Your brain needs sleep like a car needs gas; neither runs very well on empty. This is especially important during the minute period known as REM rapid eye movement sleep. Exhaustion can leave you vulnerable to forgetting important things, like a big meeting at work, or feeling especially irritable, says Dr. Not crushing it at the gym like you usually do? Being exhausted causes every aspect of your life to suffer â€” including exercise, according to Dr. For the study, researchers asked nearly 2, men and women about the stress in their lives, including how long it affected them, how severe it was, and how they handled the pressure. A year later, the researchers found that people who coped with stress by distracting themselves, dwelling on the issues, or trying to completely ignore it had higher instances of chronic insomnia , which they characterized as three sleepless nights a week for a month or more. This can turn into a vicious cycle of stress and exhaustion fueling one other. The researchers suggest using mindfulness techniques to ease stress might be a better way to cope. Find yourself hitting up the office vending machine on the regular? Exhaustion often corresponds with high levels of cortisol , the stress hormone. To decrease cortisol, your brain will often seek out a hit of the neurotransmitter serotonin. Instead of reaching for comforting junk, Dr. Andersen recommends fueling your body with healthy low-glycemic foods like fruits and whole grains that can help stabilize your blood sugar and keep your insulin levels from swinging wildly in either direction. You sleep poorly even once a week. You probably know that chronic insomnia can trigger exhaustion. But did you know that even a single night of interrupted sleep could screw you up the next day? In a study in the journal Sleep Medicine, 61 study participants slept for eight hours for one night. The next night, their rest was interrupted by four phone calls that instructed them to finish a short computer challenge before they could continue sleeping. Researchers found that after a night of fragmented sleep, people experienced worse moods along with weaker attention spans, suggesting that interrupted sleep might be as detrimental as the exhaustion that comes with full-on sleep restriction. Or, maybe instead of dealing with interrupted sleep, you just go to bed way later than you should. Plus, they experienced more intense fatigue the next day. Ready to make a change? Check out these bedtime rituals to help you battle insomnia, yoga poses for better sleep, plus tips for the best nap ever. Originally published January

**Chapter 3 : From Time to Time I am tired, I am weak, I am worn**

*Take My Hand, Precious Lord - Elvis Presley (DORSEY, THOMAS A.) Precious LORD take my hand Lead me on, let me stand I am tired, I am weak, I am worn Through the storm, through the night Lead me.*

You have an iron deficiency Boost your mettle: Dark greens are good source of iron Figures show that around a third of women are low in iron often due to heavy periods. Some have low enough iron levels to be anaemic. Getty Nutritionist Rob Hobson explains: You are dehydrated Hydro power: Water is vital for energy levels Image: Working in an air-conditioned office, going for a long walk or simply forgetting to drink regularly can quickly lead to depleted fluid levels. This causes blood pressure to drop and means not enough blood gets to the brain or muscles. This can cause headaches, fatigue and loss of concentration. Try to drink every two hours. You can crash after a sugar boost Nutritionist Linda Foster says: Swap to low-sugar foods “ and this includes avoiding white carbs such as bread and pasta which quickly convert to sugar in the body. And eat them little and often to keep your blood sugar stable. Snack on protein to keep energy levels stable. Eating a minimum of a palm-sized amount of protein with meals, and eating seeds and nuts or nut butters can prevent tiredness. Good protein sources are meat, fish, cheese, tofu, beans, lentils, yogurt, nuts and seeds. Call a friend, walk the dog or do some yoga. Try taking the herb rhodiola, which can help balance levels of the stress hormone cortisol: Your thyroid is sluggish Check-up: See a doctor if you think you have thyroid problems Image: Other symptoms of a thyroid condition include excessive thirst, weight gain and feeling cold. See your GP who can give you a blood test. If an underactive thyroid is diagnosed, a simple once-a-day tablet can correct the problem “ and most people get their normal energy levels back soon after starting treatment. Log off Man at computer Image: Getty Dr Lipman, autor of Revive: End Exhaustion and Feel Great Again, believes people who over-use technology risk running out of steam. All of these are stimulants and they can disturb your quality of sleep. Meditate for 12 minutes daily Image: Getty Cut back on multi-tasking. Focus on doing one thing at a time and give that all your attention. Put houseplants around your home Spathiphyllum wallisii, Peace Lily Image: Getty Keep your windows open as often as possible “ indoor air is often far dirtier than air outside, swirling with dust mites, bacteria, particles from cooking, cleaning, smoking, pet dander and pollutants brought in from outdoors such as pollen and pesticides, all of which can reduce our ability to perform mental tasks. Houseplants particularly lady palm, dwarf date and peace lily can be an effective way to purify the air in your home. Three instant SOS energy boosters Packs a punch: Bananas offer instant and slow release energy Image: Getty Nosh a nana: Packed with natural sugars, and higher in starch than most other fruit, bananas provide the perfect blend of instant and slow-release energy. Try this quick acupressure pick-me-up: Pinch the point between your thumb and forefinger, hold for two minutes then gradually release. Shake drops of aromatherapy oils like rosemary, lemon or juniper on a tissue and inhale for a few seconds. Checking Facebook was wrecking my sleep: Every morning I wake up shattered and rely on tea and sugary foods to keep me going. I feel tired most of the time and also suffer from bloating. Thankfully, all the advice is so simple and easy to follow. The first thing I decided to tackle was my sleep “ I started going to bed at the same time every night and wearing an eye mask. Just doing this improved the quality of sleep as it clearly got me into a routine that my body liked so I woke up feeling more refreshed. The next thing I did was cut back on sugar and alcohol, which made a difference to my energy levels and I looked less bloated. But the biggest difference was avoiding technology. I waste time on things like Facebook when I could be relaxing or having a bath “ both of which would help me wind down and sleep better. The best thing about this book is the sheer number of tips.

### Chapter 4 : Psalm I am weary from my crying; my throat is parched. My eyes fail, looking for my God.

*Precious Lord, take my hand Lead me on, let me stand I am tired, I am weak and I am worn Through the storm, through the night Lead me on to the light.*

I figure the world is divided into two types of people—restroom conversationalists and—well, everybody else. The man next to me had enough to say for both of us. We had all just gotten out of the new film, *Selma*, which focuses on Martin Luther King, the march from Selma to Montgomery, and the birth of the recently dismantled Voting Rights Act. When there was finally nothing else to do, we all gathered our belongings and made our way out of the dark. I was walking behind an older African-American couple who appeared to be in their mid-to-late-fifties. The man who was with her seemed puzzled and wanted to know what she was doing back in those days. When she said she was only in the 8th grade when Dr. It was just as well. At first I thought he was talking about the contemporary relevance of the movie. Concerned about privacy and the dangers of domestic spying? Frustrated by politicians who seem almost incapable of doing the right thing? Outraged by recent efforts at voter suppression in several states? Worried about the militarization of the police? Angered by the excessive force in Ferguson, New York, Cleveland, and dozens of other locations? *Selma* shines a glaring spotlight on all these issues. Were you living here? Went to an all-black school. Where in South Carolina? In fact, I was desperate to hear more from this guy. The events depicted in *Selma* were more than just famous or dramatic. They brought about very real, very tangible change. This man in the restroom was the living proof. Here was someone in his late fifties, active, vibrant, and witty, whose entire life was changed by the actions of those marchers in Selma. Here was someone whose life was directly changed by the actions of Martin Luther King. King yet, but his character is the heart of Selma. King is not an easy character to dramatize. But the version of Dr. Gone is the youthful orator and philosopher of non-violence. That person had already led the famous bus boycott and the march on Washington before this film begins. Tired, slow, sagging, and constantly plagued by guilt and self-doubt, this Dr. King is barely keeping it all together. Precious Lord, take my hand Lead me on, let me stand I am tired, I am weak, I am worn Through the storm, through the night Lead me on, to the light Take my hand, precious Lord, lead me on. From that point on, the granite statue version of Dr. King is gone, replaced by the all-too-human protagonist who may not have enough fight left in him to finish the job.

### Chapter 5 : Jason Crabb - Take My Hand, Precious Lord Lyrics | MetroLyrics

*I am tired, I am weak and I am worn, yes I'm worn Through the storm, through the night, lead me on to the light Take my hand, precious Lord, lead me home, lead me home.*

### Chapter 6 : Why Am I So Tired All The Time? — Women's Health Network

*I'm tired I'm worn My heart is heavy From the work it takes to keep on breathing Jason Gray - Remind Me Who I Am (Official Music Video) - Duration: CentricityMusic 15,, views.*

### Chapter 7 : Hank Williams - Precious Lord, Take My Hand Lyrics | MetroLyrics

*Precious Lord, take my hand, Lead me on, let me stand, I am tired, I am weak, I am worn; Through the storm, through the night, Lead me on to the light.*

### Chapter 8 : i am tired i am weak i am worn through the storm songs lyrics

*Recent research also found a link between exhausted immune cells — bouts of little sleep can run down your immune system — and IBS symptoms. So if you're tired and you're experiencing any of the symptoms below, it might mean*

## DOWNLOAD PDF I AM TIRED, I AM WEAK, I AM WORN

*you're exhausted " and it's time to devote some serious time to sleep, ASAP.*

### Chapter 9 : Take My Hand Precious Lord lyrics - Nina Simone original song - full version on Lyrics Freak

*Help Lord, I'm Tired. God is the one who gives us strength when we are weary. So do not fear, for I am with you do not be dismayed, for I am your God.*