



YOGA FOR FATIGUE

Gentle support. Steady energy. More you.
Small movements can make a big difference.



**FATIGUE IS REAL.
YOU ARE NOT LAZY.
YOU ARE NOT ALONE.**

Living with fatigue – whether from chronic illness, stress, poor sleep or overwhelm – can make even simple tasks feel huge.

Yoga doesn't take the fatigue away, but it can help you work with your body, not against it.



You don't need more energy to start – you just need a little kindness.



Fatigue isn't always visible, but it is valid. Honor what your body needs today.



HOW YOGA CAN SUPPORT FATIGUE



Conserves energy

Gentle movement helps your body use energy more efficiently.



Calms the nervous system

Reduces stress and the "wired but tired" feeling.



Supports deeper breathing

Improves oxygen flow and helps fight that heavy, tired feeling.



Improves sleep quality

Helps you rest more deeply and wake feeling more refreshed.



Boosts mood & motivation

Even small practice can lift your mood and sense of hope.



Encourages self-compassion

Yoga reminds you to slow down and be kind to yourself.



SIMPLE BREATH TO EASE FATIGUE

3-3-6 Breath



Breathe in through your nose for 3 counts



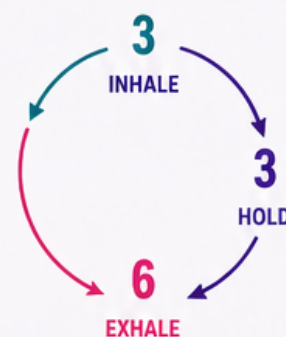
Hold gently for 3 counts



Breathe out through your mouth for 6 counts



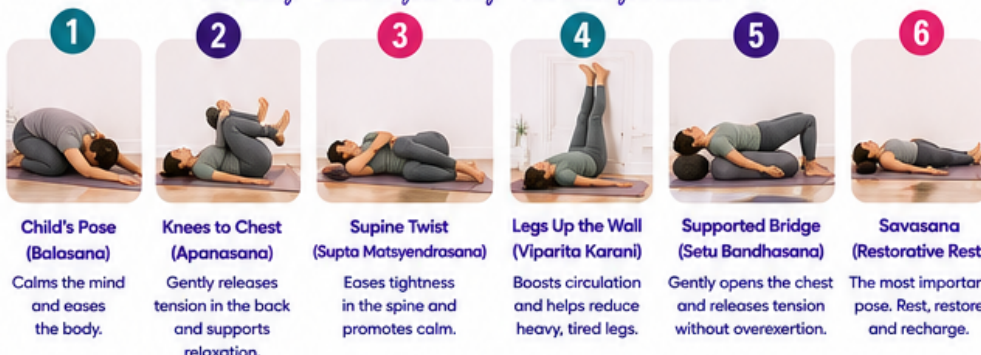
Repeat for 3–5 minutes



This breath activates your rest and digest system, slows your heart rate and helps your body recharge.

GENTLE POSES TO SUPPORT YOUR BODY

Move slowly. Listen to your body. Rest when you need to.



Child's Pose (Balasana)
Calms the mind and eases the body.

Knees to Chest (Apanasana)
Gently releases tension in the back and supports relaxation.

Supine Twist (Supta Matsyendrasana)
Eases tightness in the spine and promotes calm.

Legs Up the Wall (Viparita Karani)
Boosts circulation and helps reduce heavy, tired legs.

Supported Bridge (Setu Bandhasana)
Gently opens the chest and releases tension without overexertion.

Savasana (Restorative Rest)
The most important pose. Rest, restore and recharge.



TIPS THAT HELP MANAGE FATIGUE

- ✓ **Pace yourself** – Do less on tough days. Rest is productive.
- ✓ **Break tasks down** – Small steps save energy.
- ✓ **Hydrate & nourish** – Fuel your body gently and regularly.
- ✓ **Prioritise sleep** – Protect your rest time.
- ✓ **Set boundaries** – It's okay to say no.
- ✓ **Accept help** – You don't have to do it all.
- ✓ **Celebrate small wins** – Every step counts.



You don't have to do all of these. Choose 1–3 poses that feel right for today.



Remember

Your worth is not measured by your productivity. You are allowed to rest. You are allowed to take up space. You are allowed to have days that are hard. You are still enough.

*Rest is not a reward.
Rest is a requirement.*



DAILY TIP

Even 5–10 minutes of gentle movement, breathing or mindfulness can help you feel more grounded and less overwhelmed.



UNTIL NEXT TIME,
GIVE YOURSELF SPACE TO BREATHE



With love, Maggie

