

10 TIPS TO BEAT FATIGUE AND MANAGE WORK STRESS DURING RAMADAN

With the arrival of Ramadan, the holy month of fasting for Muslims around the world, office hours can become a challenge for many who are observing the tradition. Fasting for an extended period of time can lead to fatigue, dehydration, and a lack of concentration, all of which can have a negative impact on productivity and overall health.

Here are 10 expert tips to help you stay healthy and beat fatigue during Ramadan office hours:

Eat a healthy and balanced sehri meal

Eating a healthy and balanced sehri meal is essential as it provides the energy required for the body to



function throughout the day. It is advisable to eat food that is high in fibre and protein and low in sugar and fat. Eating a balanced diet with a variety of fruits, vegetables, and protein sources is important for maintaining energy levels and preventing fatigue.

Stay hydrated

Drinking plenty of water during non-fasting hours is vital as dehydration can cause fatigue, headaches, and difficulty in concentrating. To avoid dehydration, it is essential to consume at least eight glasses of water a day.

Avoid caffeinated beverages

Caffeinated beverages such as coffee

and tea can cause dehydration and may also interfere with your sleep pattern. It is advisable to avoid these beverages during Ramadan office hours.

Eat slowly and mindfully during iftar

It is essential to eat slowly and mindfully during Iftar to avoid overeating and digestive problems. Eating slowly also helps the body to absorb nutrients better.

Avoid heavy meals during iftar

Heavy meals during iftar can cause digestive problems and make you feel sluggish. It is advisable to eat light and healthy meals during iftar. Incorporating fruits, vegetables, and protein can help provide essential vitamins and minerals.

Exercise regularly

Exercising regularly during Ramadan can help you stay fit and improve your energy levels. However, it is advisable to exercise during non-fasting hours to avoid dehydration and fatigue.

Prioritise your work

It is essential to prioritise your work during Ramadan office hours to avoid stress and burnout. Organise your tasks and focus on the most important ones first. Practising mindfulness can help reduce stress and increase concentration. Taking a few minutes to practise breathing exercises or meditation can help promote mental clarity and focus.

Managing stress is essential for maintaining productivity and preventing burnout during Ramadan. The holy month can be a stressful time, particularly for those who have demanding work commitments. It is important to identify sources of stress and find ways to manage them.

This may include practising relaxation techniques, such as deep breathing or meditation, or engaging in activities that you find enjoyable and relaxing, such as reading or spending time with loved ones. It may

also be helpful to delegate tasks or responsibilities at work, or to adjust your work schedule to allow for more rest and relaxation.

Take breaks and stretch

Sitting for extended periods can cause muscle tension and stiffness. Taking short breaks and stretching can help you stay alert and reduce fatigue. It can be helpful to break up work tasks into smaller, more manageable chunks and take short breaks between them. During these breaks, it is important to rest and recharge, whether that means taking a short nap, meditating, or simply stepping outside for some fresh air. It can be helpful to schedule lighter tasks or activities during fasting times to better handle the workload.

Take short naps during breaks

Taking short naps during breaks can help you recharge and stay alert during the day. Short naps of 20-30 minutes can improve your cognitive abilities and help you stay focused.

Get enough sleep

Getting enough sleep is crucial during Ramadan as it helps the body to recharge and repair itself. It is essential to get at least seven to eight hours of sleep every day. Try to avoid staying up late or engaging in activities that may disrupt your sleep. Establish a consistent sleep routine, such as going to bed at the same time each night, and try to create a relaxing sleep environment, such as a dark, quiet room.

Observing Ramadan while working can be challenging, but incorporating these tips can help maintain energy levels, increase productivity, and promote overall health. With proper planning and self-care, it is possible to achieve balance and succeed during Ramadan office hours. By incorporating these habits into your daily routine, you can make the most of the holy month of Ramadan and stay productive and healthy throughout the day.



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