

What Can I Do About Low Energy and Fatigue in Menopause?

Fatigue and low energy can be frustrating symptoms that come on during perimenopause and continue throughout the menopausal transition.¹ Whether caused directly by decreasing hormones or due to lack sleep as a result of other menopausal symptoms such as night sweats,¹ fatigue can impact all areas of one's life, sometimes even promoting feelings of apathy and irritability.² Underlying medical conditions or some medications can also cause low energy and fatigue,³ so if you are experiencing new or worsening levels of either, speak to your doctor.

How can I boost my energy?

Here are some tips that might help bring some pep back into your step.

- **Exercise daily**

Even though it's counterintuitive, when you have no energy, moving your body is one of the best things to do. Exercise releases endorphins,⁴ boosting energy and mood.⁵ Another plus is that exercise can contribute to sleep quality,⁵ which can then lead to less fatigue the next day.

Even 15 minutes of activity could make a difference; ideally aim for at least 150 minutes of moderate intensity physical activity per week.⁶ Make it fun and try a dance class, a sport you enjoy, or a walk with a friend.

- **Create a healthy sleep routine**

It goes without saying that getting not only enough sleep, but quality sleep, is vital to combatting fatigue. But we know how challenging that can be; there are many potential changes a woman faces during the menopausal phase of life which can disrupt sleep - hormonal changes and anxiety due to life stressors, just for example.⁷ So, for some tips on how to get that crucial sleep, [click here!](#)

- **Eat smaller amounts more often (and don't skip breakfast!⁸)**

Starting in the morning,⁸ eat smaller amounts often throughout the day as opposed to three large meals; this can sustain and maintain energy levels.⁹ It also helps prevent the feeling of drowsiness that can come after eating too much.

- **Avoid smoking and limit caffeine, alcohol, and sugar^{9,10}**

While they may give you an immediate rush, when they wear off, these substances can cause a crash, leaving you feeling even more drained than before.

- **Hydrate**

Sometimes fatigue is a sign the body is dehydrated.¹¹ When you're feeling tired, try

drinking a glass of water. Per day, aim to drink at least 8 cups of fluids,¹¹ avoiding sugary drinks and limiting caffeinated one.

- **Nutritional tips:**

A balanced diet that includes a variety of unrefined carbohydrates, lean proteins, and fats,⁹ with an emphasis on vegetables, whole grains, and healthy oils⁹ can contribute to maintaining energy throughout the day.⁹ Further, the following have been shown to combat low energy:

- **Iron**

Iron deficiency is often an underlying cause of fatigue among women¹¹ and can be found in foods such as broccoli, chicken, eggs, apricots, spinach.¹² If you are concerned, speak to your doctor, as there are blood tests available to check these levels.

- **Slow-release carbohydrates**

Foods are converted to energy at different rates; processed carbohydrates and sugars, for example, convert and then crash quickly, while slow-release carbohydrates can help prevent energy dips.⁹ Examples of these include a wide variety of vegetables, nuts, and whole grains such as oatmeal and brown rice.¹³ For the most efficient maintenance of energy throughout the day, pair these slow-release carbohydrates with lean protein.^{10, 11}

The contents of this article are for informational purposes only and not intended to provide medical advice, treat, diagnose, or replace the advice of a licensed medical professional. Please consult with your healthcare provider before making any treatment, dietary, exercise, or lifestyle changes to ensure that these changes are appropriate for you.

Sources

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