



OVEREXERTION



9 symptoms

and

9 solutions



1. Nausea

Feeling sick or on the brink of vomiting after exercise (or an adrenaline spike) is a symptom of overexertion. Nausea is usually a temporary symptom of overexertion, but it's a warning sign from your body, telling you to calm down.



1. Stretch

According to Harvard University, stretching can reduce stress. Stretching can also help prevent injuries due to heavy exercise and sitting too much while on duty.



2. Light-Headedness

According to Livestrong, exercise causes the blood vessels in your legs to expand, which brings blood into the legs and feet. When you stop exercising (or your adrenaline levels drop) without taking time to cool down, your heart rate slows abruptly and blood can pool in your lower body, causing dizziness.



2. Maintain Good Posture

Your mother always told you to "sit up straight!" for good reason. Awkward posture or prolonged sitting can place too much stress on the wrong part of your body. Try to sit with a tall posture and keep your shoulders dropped while driving on shift. It might feel uncomfortable at first, but your body will eventually thank you.



3. Fatigue

Overexertion can also lead to fatigue. Burning the candle from both ends for too long takes a mental and physical toll. Fatigue can lead into irrationality and irritability, also symptoms of overexertion.



3. Cool Down

Cooling down after exercise or an adrenaline rush slows your heart rate and prevents dizziness. Take a five-minute walk or gently stretch until you're relaxed.



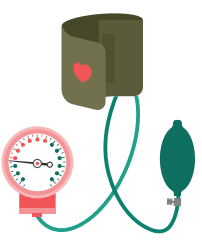
4. Irregular Heartbeat

Cardiovascular stress from either increased activity or adrenaline can cause heart palpitations. According to Livestrong, exceeding your maximum heart rate can result in hyperventilation, fainting, stroke and heart attack.



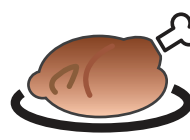
4. Replenish fluids and electrolytes

Water is an obvious necessity while working out, but if you're exercising for more than 60 minutes, drink a sports drink or another type of electrolyte beverage to help replenish your energy.



5. Increased Blood Pressure

Hopkins medicine describes "exercise hypertension" as an abnormally high spike in blood pressure experienced by generally healthy people during a workout. Exercise hypertension is a known risk factor for permanent and serious high blood pressure at rest.



5. Eat after you exercise

According to the Mayo Clinic, eating after you exercise helps your muscles recover and replace their glycogen stores. Try to eat both protein and carbohydrates within two hours after exercise.



6. Depression

Mental stress from overexertion can lead to depression. WebMD explains that while stress keeps you alert, motivated and primed to respond to danger, too much stress, or chronic stress, may lead to major depression.



6. Reduce caffeine and sugar intake

Sugar and caffeine have been linked with worsening anxiety and stress. Cutting back on these ingredients can help minimize stress symptoms, boost your energy and allow your body to deal with the stress of overexertion.



7. Inflammation

Overexertion injuries typically cause inflammation, which leads to pain and discomfort. Listen to your body: If you notice inflammation or acute pain, get some rest.



7. Make healthy eating decisions

Good foods for helping with overexertion and stress, according to the British Stress Management Society, include water, fresh vegetables, fresh fruits, fish, soups and yogurts.



8. Chest pain/problems breathing

More serious symptoms of overexertion are chest pain and difficulty breathing, symptoms that should be taken seriously. These symptoms can lead to exercise-induced asthma, or worse, a heart attack.



8. Take supplements

In addition to healthy eating, incorporate supplements and herbal products like calcium, magnesium, malic acid and white willow bark into your diet. These supplements will help with muscle recovery and can also act as natural anti-inflammatory measures.



9. Hypoglycemia

Hypoglycemia is a condition typically found in diabetics, but stress and adrenal fatigue can contribute to hypoglycemia, or low blood sugar, in healthy people, too. When you're stressed, your blood sugar levels rise. If your body cannot deal with the sudden rise of glucose, hypoglycemia will ensue.



9. Live within your means - eliminate OT and second jobs

Don't roll your eyes at this. The intention is not to mess with your livelihood. Your body doesn't care about money - it cares about being taken care of so it can provide you a longer, more fulfilling life.