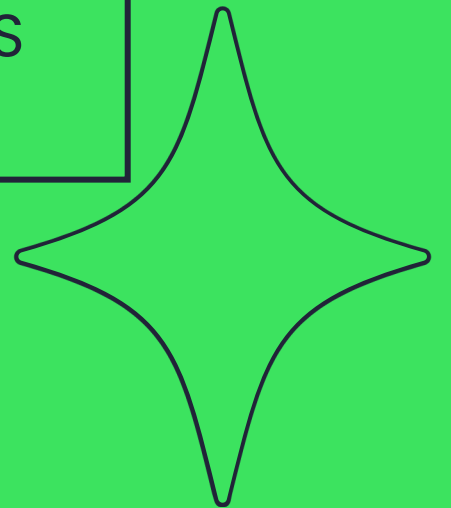


Fighting Fatigue: Energy Strategies for Busy School Leaders

A STRATEGIC WELLNESS GUIDE FOR LEADERS
WHO NEED TO STAY SHARP





Great leadership demands energy.

But fatigue creeps in—quietly, then all at once.

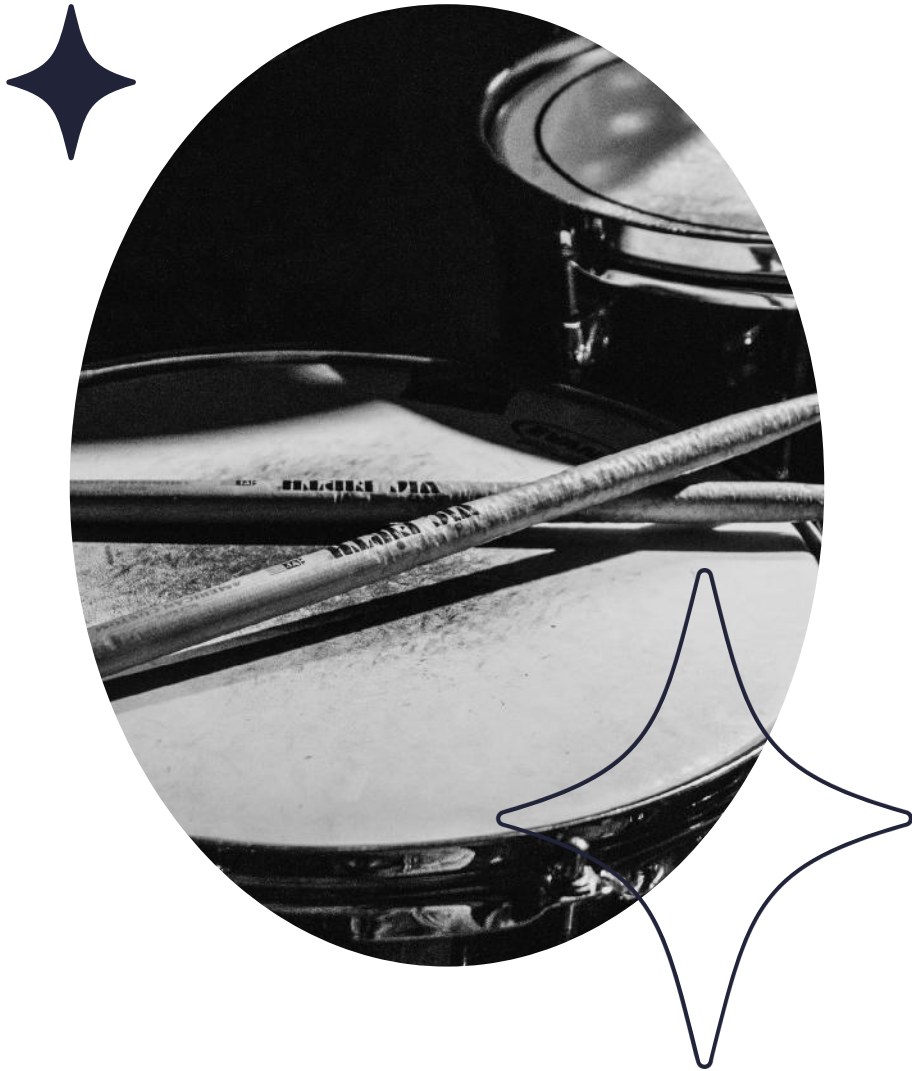
This guide offers quick wins to stay energised, focused, and ready.

Know Your Rhythms

Plan around your natural peaks and dips

Tackle demanding tasks when you're fresh

Reserve admin or routine work for your "trough" times



Eat Smart, Snack Smarter

- Choose meals with protein + complex carbs
- Fruit > sugar
- Say no to heavy, fatty meals when you need to stay sharp
- Moderate caffeine—more isn't always better





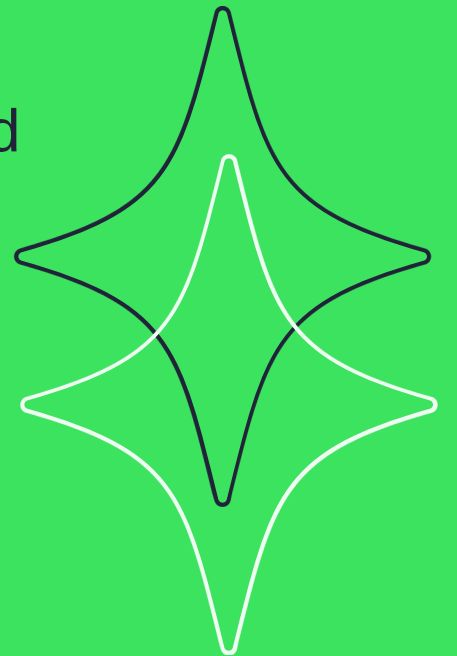
Exercise Beats Espresso

- 30 mins of walking = sustained energy
- Even 5 minutes of stretching helps
- Movement is medicine—daily activity lifts both mood and energy



Sleep Like a Leader

- Sleep is strategy, not a luxury
- Stick to a routine
- Ventilate your room + reduce light and noise
- Wind down before bed





Persistent Tiredness? Check These...

- Diet
- Hydration
- Blood pressure
- Stress levels
- Work/home environment
- Emotional wellbeing

Spirit Zappers Drain You

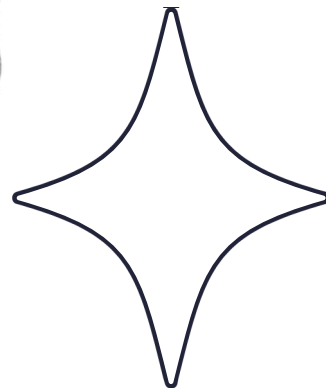
- Identify your emotional drains
- Talk it through—don't bottle it
- Reframe the challenge
- Focus on what you can control





The Power of a Deep Breath

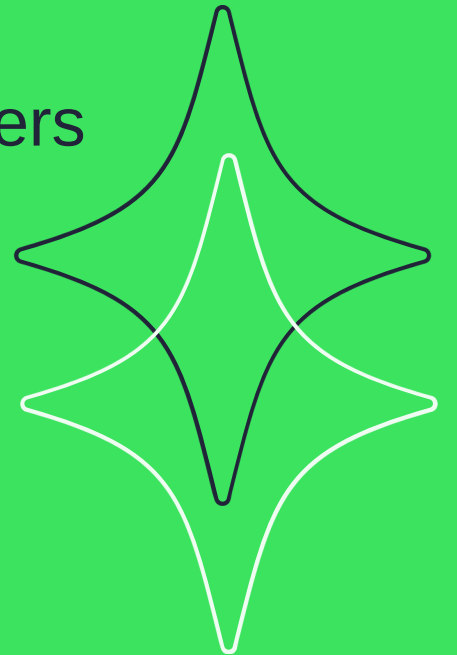
- Athletes use it. So can you.
- 3 deep breaths → long pause → slow exhale
- This calms the brain and resets your system





Choose Energisers Over Drainers

- Energy is contagious
- Spend time with optimistic, driven people
- Limit time with chronic complainers
- Protect your battery

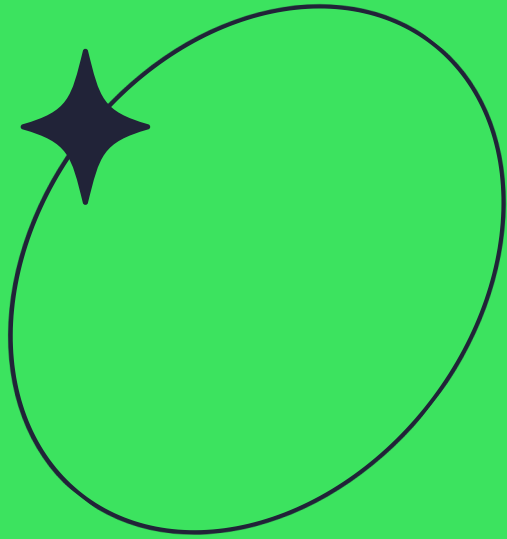




Worry \neq Thinking

- Worry loops = mental exhaustion
- Thinking solves; worry stalls
- Move from anxious ruminating to intentional action

Final Word



Fatigue isn't weakness. It's a signal.

The best leaders manage energy, not just time.

Sleep well. Eat smart. Move daily. Breathe deep.

Lead strong.

