



Am I Too Tired?

How to determine whether your fatigue is normal or serious.

1 Kings 19:1–9; Matthew 11:28–30

How serious is your fatigue? Enter a score before each question according to the following scale:

0—I seldom feel this way.

1—I sometimes (once every month or so) feel this way.

2—I often (more than once a month) feel this way.

3—I almost always feel this way.

Add up your total score and use the guidelines at the end to interpret the results.

Fatigue Symptom Checklist

- 1. Do you feel moody and have difficulty getting up in the morning?
- 2. Do you experience slight fevers, signs of flu, sore throat, or tender lymph nodes?
- 3. Is the morning your worst time of the day, with the evening being better?
- 4. Do you fall asleep easily but wake early without being able to fall asleep again?
- 5. Have you ever found yourself staring at a computer monitor, keyboard, or book, barely able to keep your head from dropping (“microsleeps”)?
- 6. Do you feel mentally sluggish, confused, and unresponsive?
- 7. Has your short-term memory declined, and do you have trouble concentrating?
- 8. Has your daily activity dropped below 50 percent of what it was before?
- 9. Are your emotions relatively blunted and apathetic?
- 10. Does your body ache all over and feel as if it is weaker than it used to be?
- 11. Whenever you exercise, do you feel debilitated for more than 12 hours afterward?
- 12. Does your work stress you to the point that you want to escape from it?
- 13. Do you experience headaches?
- 14. Do you find yourself desperately wanting to avoid being with people?
- 15. Are you more impatient, irritable, nervous, angry, or anxious than before?
- TOTAL SCORE**

Scoring

0-12: Fatigue is within normal limits.

12-22: Fatigue is temporary. You can reverse it by lowering your stress level, taking a vacation, a sabbatical, or increasing your rest and sleep time.

23-32: Fatigue is serious. A break won’t relieve it. You are suffering from chronic stress, depletion of adrenaline, immune system deficiency. You can relieve this form of fatigue only by making major lifestyle changes, including possibly finding a new work situation. You could possibly benefit from professional help.

33 or above: Fatigue is in a “disease state.” It requires urgent diagnostic evaluation from a physician or psychiatrist to exclude endogenous depression, hormonal imbalances, and physical disease.

—ARCHIBALD D. HART, PH.D., FPPR

Discuss

1. How long have you felt fatigued? What is causing it?
2. What is fatigue signaling about your life and relationships and priorities?
3. What steps are you going to take to address your fatigue?
4. What is Matthew 11:28–30 saying to you now?