

Chronic Emotional Fatigue and Chronic Stress Syndrome

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Millions of people suffer from Chronic Emotional Fatigue (CEF) and Chronic Stress Syndrome (CSS). The complexities of these pervasive problems indicate the need for more extensive research, information, and patient education. CEF and CSS are not psychiatric problems and cannot be addressed by treating with antidepressants, tranquilizers, or pain pills.

Because of the complex natures of chronic emotional fatigue and chronic stress syndrome, patients must understand how their brain and body store emotions. Emotions are simultaneously everywhere in the body. Emotion and stress-related thoughts always move in an upward direction, which increases or causes anxiety after an emotional experience.

Chronic emotional fatigue and stress syndrome do not happen overnight. They accumulate over months or years from non-stop fatigue and stress exhaustion. The program outlined in this report helps you heal and gives you a key to unlock the door that leads you to health, happiness, and peace of mind. You must take one day at a time and be patient with yourself or with a loved one who is suffering.

Chronic emotional fatigue and chronic stress syndrome bring about an intense, painful, nagging loss of control that affects every nerve fiber in your brain and body. Few people recognize it or know that the many symptoms they dread are no more than the symptoms of constant, unrelenting chronic stress that leads to full-blown emotional fatigue.

However, the knowledge and understanding of what is happening to you is a very powerful healer.

Over the past twenty years, I have watched patients go from doctor to doctor, looking for a magic bullet they never find. A magic bullet does not exist. Chronic emotional fatigue can attack you as physical fatigue, or emotional fatigue. This

constant feeling of anxiety, or mental fatigue, keeps you from being able to function on a daily basis. Emotional fatigue uses nervous energy and allows the chemical produced by muscular fatigue, such as lactic acid, to collect throughout the body. This is one reason why anxious people often complain of aching legs, back, necks, and even arms. This kind of ache is so intense that standing for short periods of time causes very anxious or stressed people to look for some type of support to lean on, or to head straight home to bed. When pain and fatigue consume your body day and night, you lose the will to get better.

Stress causes chronic fatigue and chronic stress syndrome. Stress-induced illness is an accumulation of psychological and physical stress responses throughout your life. Emotional fatigue and chronic stress, in part, come from home or work. You are also influenced by your toxic environment, negative information, violence, crowded expressways, traumatic events, disease, or anything that makes you feel a loss of control over your life. Taking care of a loved one who is terminally ill, then experiencing the death, leaves you helpless, hopeless, and with feelings that consume your days and nights. Sometimes you even take on the same symptoms as the loved one

you lost-even the same pain- but you have NO disease. What you feel is psychosomatic in nature: There is no pathology or disease. This does not mean there is no pain or fatigue. In fact,

Symptoms of Chronic Emotional Fatigue and Chronic Stress Syndrome

1. Anxiety
2. Mood swings
3. Mental and physical fatigue
4. Sluggishness
5. Chronic muscle spasms
6. Uncertainty
7. Fear that comes and goes
8. Panic attacks
9. Sleep problems
10. Chronic digestive upset
11. Constant body aches and pains
12. Stiff neck and/or limited range of motion
13. Muscle jerks
14. Churning stomach
15. Eye strain
16. Loss of interest (in everything)
17. No sex drive
18. Pounding heart, skipped beats
19. Low self esteem
20. No confidence
21. Withdrawal
22. Sensitivity to bright lights
23. Sensitivity to noise, especially loud sounds
24. Depression
25. Tension headaches or other headaches
26. Constant stress
27. Blurred vision
28. Constant fear of failure
29. Feelings of helplessness and hopelessness
30. Feelings of guilt
31. As fatigued in the morning, upon awakening, as when you went to bed
32. Apathy
33. Tension

your body is overwhelmed with it. The longer you experience uncertainty, fear, stress, and anxiety, the more saturated your mind becomes. Mental stress then turns into physical symptoms.

Many patients in mid life tell me they begin to recall traumatic experiences from their childhood. This is not unusual when emotional fatigue controls your life. Each time you felt loss of control in your life experiences, it left an imprint on your brain. These experiences will resurface because they have been stored in your memory as negative, repressed emotions. Repressed emotions and stress are stored in every cell and every muscle of your body. This, alone, can cause symptoms of emotional fatigue, depression, and pain. Many sufferers live in their doctor's offices, having one test after another. They are ready and want to believe something is physically wrong with them. An actual illness would prevent their having to face negative experiences. When you live in the past, you are consumed by the past. When the past intrudes on the present, it brings forth a very powerful force of pain, emotional fatigue, and depression. For healing to occur, you must deal with all your feelings as they occur. Then you can let them go instead of recording them for later playback and more suffering.

Emotional fatigue and depression go hand in hand, because depression depletes the mind and body. Depression implies a downward direction, a depth out of which a depressed person must somehow drag him or herself. Most feel it as an endless struggle, but it does not have to be such. Do not struggle to lift yourself out of anything. Direct your energy to clearing yourself, not only from negative, depleting depression, but from chronic fatigue. Stop struggling and start healing.

Rushing around, trying to get yourself out of depression can increase your fatigue and depletion. Going out, meeting people, and keeping busy help. Too often, you feel better when you are out, but become depressed as soon as you see your home. You begin playing old tapes in your mind.

Please remember, recovery from depletion is gradual. You dipped deeply into your emotional reserves. It will take time for these reserves to be replenished, just as a wound takes time to heal. This means you must work with your feelings of depression. You must be prepared to take them with you, even though they press heavily on your heart, and you feel a load of lead in your lungs.

If your doctor suggests antidepressants, they are *not* the answer; they will not help. Tell your doctor you prefer using a natural alternative such as amino acids. Amino acids treat the problem, not just the symptoms. Orthomolecular therapists and doctors know how to treat chronic emotional fatigue. You must restore your immune system and balance your brain chemistry.

If you are willing to work on understanding that feelings of depression are a form of depletion, the temporary symptoms soon pass. Time and healing gradually recharge your batteries, especially after the age of forty. *Do not be impatient!*

Constant, anxious inward thinking in chronic emotional fatigue brings "brain drain" -mental fatigue. Thoughts slow down and thinking becomes an effort. In a chronically, emotionally drained person, thoughts come with a great deal

of effort. It is almost as if each thought has to be worked through twice. The sufferers become easily confused, finding concentration and remembering arduous.

When mental fatigue and sensitization work together, they throw off frightening ideas that seem impossible. Do not let this disturb you, and don't use your energy fighting unwanted thoughts. Just let them flow so you can work to either resolve or let them go. If you fight them, you add more tension and make the thoughts seem even more important. What you make important is more difficult to forget. Do not fight to forget them, just tell yourself they are unimportant. What you make important is more difficult to forget. Do not fight to forget them, just tell yourself they are unimportant. See them for what they are - only thoughts. Work with them and, with time, they will dissolve.

Fatigue accentuates unreality. Fatigue of the eye muscles interferes with the functioning of the lens. Vision seems blurred, so you have difficulty focusing. You notice it more when looking from a near object to a distant one, or vice versa. Objects in bright sunlight seem as if they are in dark shadows. The sufferer complains that everything suddenly goes dark, provoking fear. But, these symptoms are only temporary. Because you do not understand that this black world is caused by eye-muscle fatigue, you panic. You add more stress and tension to your body, so it takes longer for the world to return to its normal brightness.

Can you see how important it is to understand the chronic fatigue progression? Most people do not know how fear and fatigue trick you into thinking the wrong things. Again, acceptance, staying in reality, letting your mind and body float, drift, and relax are the keys!

In many ways, suffering like yours is a marker. We learn by contrast. Until we know emotional pain, we never know the true meaning of peace, and God knows you have known pain.

Later, when you are able to step back and look at your life, things take on a new meaning. The pain is not as intense, and you are able to understand physical and mental fatigue. Never regret what you have been through. Your journey was a learning experience. Starting now, this very moment - not tomorrow - try your best to accept it. Stop struggling and fighting the pain. When you stop the struggle, you gradually return to your old self but with more understanding and sensitivity. Your energy will come back, and you will, again, look forward to each day of life.

Chronic emotional fatigue attacks those who cannot express, sort out, or deal with stress, anxiety, depression, fear, or grief. Do not repress. *Express*. If someone is trying to take control of your life, declare yourself! You take control of your life. *Use health, happiness, and peace of mind as the keys to the best quality of life you've ever dreamed possible!*

Suggested Nutritional Support

In the morning:

DHEA - Upon arising, take 1 (25-mg) capsule, if over 40; 1 (50-mg) capsule, if over 60.

Brain Link Complex - 3 scoops, daily. *Or*, use T-L Vite - 1 capsule with 2 **Balanced Neurotransmitter Complex**

(BNC) capsules.

Deluxe Scavenger - 3 capsules, daily.

CoEnzyme Q10 - 50 mg, daily.

My B Tabs - (Adenosine Monophosphate) - 1, three times daily.

Mag Link - 2 tablets. If loose stools or diarrhea occurs, decrease by 1 tablet, or try spreading the intervals between doses.

Mood Sync - 2 capsules. If you feel more anxiety, add an **Anxiety Control** capsule.

Digestive enzymes (such as Super Digestaway and/or Pancreatin) - 1 with breakfast.

Ester C - 2 (500-mg) capsules.

Alpha KG - 1 capsule.

Lunch:

Digestive enzyme (such as Super Digestaway and/or Pancreatin) - 1 with lunch.

Mag Link - 2 tablets.

Mood Sync - 2 capsules. If you feel more anxiety, add an **Anxiety Control** capsule.

Chromium Picolinate - 1 (200-mcg) capsule.

Alpha KG - 1 capsule.

Evening:

Digestive enzyme (such as Super Digestaway and/or Pancreatin) - 1 with dinner.

Mag link - 2 capsules.

Mood Sync - 2 capsules. If you feel more anxiety, add an **Anxiety Control** capsule.

Ester C - 2 (500-mg) capsules.

Alpha KG - 1 capsule.

Bedtime:

5-HTP - 1 (50-mg) capsule, 1 hour prior to bedtime.

Other:

Chronic pain - 2 Pain Control as needed, using up to 6 daily.

Irritable Bowel Syndrome - 1 Calm Colon, three times daily, divided.

Skin problems - 1,000 to 3,000 mg daily MSM cream or lotion, applied as needed.

Note: If you are taking SSRI's (Prozac, Zoloft, Paxil, etc) **Do Not** use Mood Sync or 5-HTP.

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