

WORK HEALTH CHRONICLE

August 2026

2 - The Executive Fatigue Trap

32% of executives frequently report at least one sign of deteriorating mental health (APEC, 2025).

Yet many professionals continue to perform, attend meetings and meet deadlines every day.

The challenge is that fatigue does not always look like exhaustion. It can be hidden behind efficiency, commitment and a busy schedule.

Many only become aware of it when work slows down, during a holiday or a quieter period.

The question is not only how to maintain performance but also how to recognise the need for recovery before the body imposes it.

Preventing the Executive Fatigue Trap

It is time to engrave new, consistent and daily habits into our lives

And change the game.

1 — SLEEP — PROTECT THE FOUNDATION

7+ hours per night, never less. Your brain and nervous system need it.

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2 — FOOD — CHOOSE NOURISHMENT OVER CONVENIENCE

Build meals around minimally processed, seasonal foods — rather than urgency, tiredness or convenience.

Highly processed foods may fill you up without providing the nourishment your body needs — and, over time, can negatively affect health.

3 — DIGITAL SUNSET — ONE HOUR WITHOUT SCREENS BEFORE BED

Create a one-hour screen-free buffer before bedtime.

Highly processed foods may fill you up without providing the nourishment your body needs — and, over time, can negatively affect health.

4 — NATURE — MAKE TIME FOR RECOVERY OUTDOORS

Aim for at least 2 hours of direct contact with nature each week.

Trees, plants, water and natural light provide continuous sensory input that helps the body and mind reset.

Nathalie Puig Jansson

If you want more information, you can contact Nathalie on the following address : npjnaturopath@gmail.com