



Things That Might Help With Fatigue

BALANCE ACTIVITIES

When people feel fatigued, they often spend their energy on work and chores and give up things that they enjoy. Determine what has to be done now, what can wait, and what someone can help with, then try to schedule in some time for yourself and loved ones.

MAKE SLEEP A PRIORITY

Keep a regular schedule, and ban laptops, cell phones and other devices from your bedroom.

INCREASE PHYSICAL ACTIVITY

Starting small, increase the amount of physical activity or exercise you do. This will improve your general well-being, strength and energy levels.

MAKE GOOD FOOD CHOICES

Eating too little causes fatigue but eating the wrong foods can also be a problem. Eating a balanced diet helps keep your blood sugar in a normal range and prevents that sluggish feeling when your blood sugar drops.

STAY HYDRATED

Drink water to help control body temperature, remove waste and keep joints lubricated.

ADDRESS DEPRESSION

You may think of depression, stress and anxiety as emotional concerns, but they can contribute to many physical symptoms such as fatigue, headaches and loss of appetite. If feelings of sadness, irritability or anxiety are becoming overwhelming, talk to your healthcare provider or a licensed therapist, who can help you look after your mental well-being.

JOIN A SUPPORT GROUP

Meet new people who share similar concerns and experiences, and who can share strategies.