

Living Well:

Managing Fatigue



Be aware of how and when fatigue affects you.

Track your activities during the day and then note how you feel throughout (try the attached chart). For example, after several activities, do you get headaches or feel irritable? After doing this for several days, you will become aware of how much you can do in a day before you start to exhibit fatigue symptoms.

Schedule your activities and include rest breaks.

Once you have an idea of your activity limits, you can plan accordingly. A good tool is to use a ***weekly planner***. Space your daily activities to balance physical and mental exertion and spread them out over the week to avoid overload. This will help keep your mental energy at a consistent level.

Balance rest and activity.

It's important to listen to your body and find a level of activity and rest that works for you. This may need to be adjusted over time. Too much time in bed can make you deconditioned and contribute to fatigue. Use the chart on the next page to help you find your optimal balance and discover new strategies.

Talk to your doctor about physical exercise and what's best for you.

Ironically, moderate exercise can often help increase physical energy and mental alertness.

Fatigue is common with medical and psychological conditions and can have a significant impact on quality of life. Since all cognitive difficulties are made worse by fatigue, it is important to address and manage fatigue. These strategies can help manage your fatigue.



Prioritize activities that are most important.

List your activities in order of how important they are to you, so you can do the more important ones when you have the most energy. Consider postponing some of your least important activities, if possible.

Pace and position yourself.

If you know an activity will take a lot of energy, consider spreading it out over a longer period of time, with restful activities in-between. Look for less energy-intensive ways to perform activities, such as remaining seated.

Delegate and ask for help.

This is a time to take others up on their offers to help you. Let them unpack the groceries, fold and put away the laundry, or help you with other tasks.

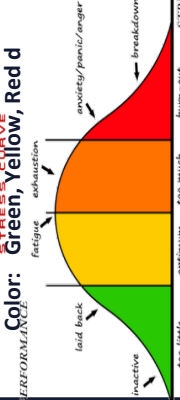
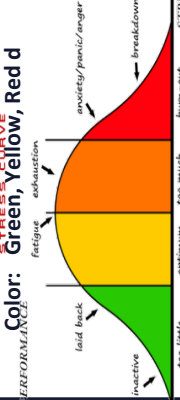
Eat a balanced diet .

Follow physician or nutritionist recommendations and drink about **8 to 10 glasses of water** a day. Book a consult with a UCSF oncology dietitian.

Engage in self-care and stress-reducing activities when you can.

Taking in a full, deep breath throughout the day only takes a few seconds. Other stress-reducing activities include: meditation, prayer, talking with others, reading, listening to music, painting, or any other activities you find pleasurable.



Situation What was going on?	Fatigue symptoms	 <p>Color: Green, Yellow, Red d</p>	Strategy to bring you closer to Green	Was this strategy effective? Why or why not?
i.e. I was watching friends dogs and cat. Walked them separately -20-25 minutes for total of an hour. Three times in the week. Walked them at night and pretty normal/low activity day	Drained feeling-low strength. Hands dont work like I want them to work	 <p>Color: Green, Yellow, Red d</p>	Spaced out the walking so it isnt back to back Doing physical activity when fresher like the am	Yes. Try to track when get tired more quickly