



## Fatigue management strategies

Fatigue is a common symptom resulting from long term health conditions. It impacts your energy levels, concentration and mood. If you are experiencing fatigue, here are helpful tips to try to manage the symptoms:

- Pace your heavy activities throughout the week; do not complete your tiring tasks all in one day
- Try to avoid the overactivity cycle; if you are having a good day then pace yourself and do not try to get all your activities done that day. This will lead to increased tiredness and increased recovery time, which will worsen your fatigue overall
- Prioritise your tasks; think about whether an activity has to be completed today or whether it can wait
- Delegate tasks to others where possible to conserve energy
- Break tasks into chunks; complete the task for ten minutes, have a rest and then continue. For example, if preparing dinner then prepare your vegetables earlier in the day and rest before cooking the meal
- Complete activities sitting down where possible to conserve energy
- Make time for rest and relaxation; this doesn't mean taking a nap but rather replenishing your energy
- Maintain a healthy diet
- Have a good sleep regime; try to go to bed and get up the same time each day to get into a routine. If you cannot sleep then get up and carry out an activity until you feel tired; staying in bed will make you frustrated and lessen the chance you will sleep
- Organise your environment well to prepare for completing tasks; for example, keep all your cups, sugar and tea and coffee canisters in the cupboard above the kettle to minimise bending and stretching and unnecessary energy consumption
- Remember to make time for activities that promote your wellbeing; that coffee with a friend or seeing the grandchildren
- Remember that you are not alone; a lot of people experience fatigue but it affects everyone differently. Try not to feel frustrated with yourself; you can still complete your activities by putting in place fatigue management strategies to help