

Tips for Managing Fatigue



Things you can do on your own

Move your body. Exercise is one of the best ways to treat fatigue.

- Try to be active for at least 15-30 minutes every day. Walking is a good option.
- If 30 minutes of exercise is too hard, break it up into three, 10-minute sessions.

Focus on sleep.

- Try to go to sleep at the same time each evening.
- Create a relaxing bedtime routine.
- Get at least 8 hours of sleep each night.
- Limit daytime sleeping to a few short naps and spend most time out of bed.

Plan your day.

- Make a list of the things that are most important for you to do that day and focus on them.
- Spread activities out throughout the day, making sure you have time to rest in between.
- Be kind to yourself. Be “OK” with it if you can’t get through everything on your list; most things can wait until tomorrow.

Keep a diary to track your fatigue and identify what makes it better or worse.

- Avoid drinking caffeine in the afternoon and evening.
- Avoid drinking alcohol.
- Drink plenty of fluids (at least 6-8 cups per day).
- Try integrative therapies such as meditation, acupuncture, yoga, or tai chi.

Ask for help.

- Ask for help with activities that are tiring, especially household chores.
- People often want to help, but don’t know what to do. Give friends and family members specific ideas of tasks that would be helpful to you.
- Pick a trusted friend or family member to help organize friends to assist with household chores and errands.



When to call your care team for help

- If after trying these tips, your fatigue does not get better or it gets worse
- If you feel confused or dizzy
- If you fall and hurt yourself



For more information and support, visit the American Cancer Society website at cancer.org/fatigue or call us at **1-800-227-2345**. We’re here when you need us.