



**MOVE
AGAINST
CANCER.**

CANCER RELATED FATIGUE

Cancer related fatigue is so much more than 'tiredness' and is very common if you are living with or recovering from cancer, BUT that doesn't mean that there aren't things that we can do to feel in control of and manage our fatigue levels, especially around our physical activity.



A Few Top Tips:

- Keep a diary noting how you feel and see if you can notice patterns over time as to when you might feel most tired. That way you can manage your forward planning to ensure your physical activity and daily tasks that require the most energy are done at the most productive time.
- Try not to over exert yourself - it's better to do too little to begin with while you find your fatigue 'threshold' and increase your physical activity levels steadily.
- Ensure that you consult your healthcare team if you are struggling with any potential cancer related symptoms be it associated with your physical or mental health.
- Routine is key with your sleep and wake times, but remain flexible if you don't feel energised - allow yourself to rest at these times, even if it doesn't fit in with the regular routine.
- Being aware of how naps affect your energy levels within your fatigue diary can be useful.
- Eating as nutritiously as possible and staying hydrated is super important.
- Lean on your support network - family and friends will often be very pleased to help you with certain tasks if it is feeling too much

