

Fatigue--Tips for Coping

- If you feel up to it, try doing some light to moderate exercise each day (e.g., take short walks)
- Plan your day to include plenty of rest (e.g., take several naps or breaks throughout the day)
- Don't push yourself – save your energy for activities that are most important to you, and do shorter versions of your usual activities
- Be sure to meet your basic calorie needs and drink plenty of fluids to avoid dehydration
- Avoid eating foods high in sugar – you will get a quick boost, but be even more tired afterward
- Try eating snacks high in protein (e.g., nuts, cottage cheese, lean poultry, tuna, salmon, peanut butter, protein shakes)
- Check with your nutritionist or naturopathic practitioner about vitamin and mineral supplements
- Try using relaxation techniques to combat stress (e.g., deep breathing, meditation, visualization, music therapy, massage)
- Avoid long, hot showers or baths