

FATIGUE



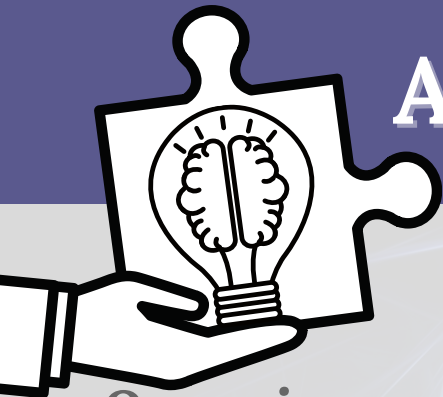
Fatigue is a continual state of mental tiredness; can occur after physical activity, or most commonly mental activity.

LOOK FOR:



- Withdrawn, short answers
- Loss of appetite
- Shortness of breath
- Slower movement and speech (*dull tone*)
- Irritability, anxiety, crying episodes
- Increased forgetfulness
- Lack of motivation and interest





ACCOMMODATIONS

- Organize routines around the times of day you feel your best
- When you first start feeling tired, **STOP** and **REST!**
- Avoid fluorescent and/or dim lighting
- Schedule rest periods
- Keep your home and work environments uncluttered
- Use assistive technology/mechanical aids
- Reduce stress
- Avoid or limit alcohol use
- Ensure you are getting plenty of sleep
- Talk to your provider about the role medication can play in fatigue
- Talk to your provider if your fatigue affects your daily functioning



CITATIONS

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