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- **Withdrawn, short answers**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**

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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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