



# *Fatigue Management Information*

## *What is fatigue management?*

There can be multiple causes of fatigue. It can present as a variety of symptoms, which can include decreased energy levels, poor concentration, generalised weakness and difficulty in completing daily tasks.

It is important for friends and relatives to understand your fatigue patterns as it will enable them to help you make lifestyle adjustments.

## *There are six main principles of fatigue management:*

### **1. Take Frequent Rests**

Balance activities with rests when planning the day ahead. For example, if you are hoovering, do one room then take a rest. Rest means doing nothing at all. Take frequent short breaks rather than a long break before feeling tired. Find a relaxation method that suits you, you could try listening to music or relaxation tapes.

### **2. Prioritise Activities**

Do this by considering all the jobs you need to do, what you would like to do, and those you would be willing for others to help you with. If you have difficulty prioritising, Occupational Therapists can help.

### **3. Plan ahead**

Plan ahead and set yourself realistic targets. Spread heavy and light tasks throughout the day. Break down larger tasks into smaller stages. For example, peel potatoes in the morning to cook in the evening. An important word to remember in time management is 'No!'. Avoid starting activities that cannot be stopped before becoming tired.

### **4. Organise Tools, Materials and Work Area**

Store items used most frequently between hip and shoulder height. Store lightweight items used less frequently above shoulder height. Heavy, less used items should be stored below hip level. Use good lighting to prevent eye strain. Ensure there is good ventilation in order to reduce the heat in the room. Keep work areas as uncluttered as possible.

### **5. Adopt Good Posture**

Try to keep in an upright and symmetrical posture when carrying out tasks. Rest on a stool or chair whilst carrying out tasks if necessary. This will reduce the strain on your joints. Ask our Occupational Therapist to discuss equipment that may benefit you. Avoid twisting, stooping and bending if possible. Try to carry out activities in a relaxed and efficient way, minimising the stress on your body.

## 6. Lead a Healthy Lifestyle

Keep fit as best you can, but remember to balance exercise with rest. A Physiotherapist will be able to discuss suitable exercises with you. Try to eat a healthy, well-balanced diet. Avoid eating heavy meals. If you do have a heavy meal, remember this will affect your energy levels so only plan light activities for afterwards. Excess smoking and drinking, as well as being overweight can affect your energy levels, increasing fatigue. Other factors can also impact on fatigue including, insomnia, worry and anxiety.

### *Would you like more information?*

If you would like to discuss fatigue management in more detail or any other complementary therapies available at St Cuthbert's Hospice please contact **The Living Well Centre** on 0191 386 1170 option 2.

#### **Accessible Information**

If you would like a copy of this leaflet in large print, an audio format, explained in your own language or any other format, please let a member of the team know and we will do our best to support this.

Living Well Centre

St Cuthbert's Hospice, Park House Road, Durham, DH1 3QF

0191 386 1170

[hello@stcuthbertshospice.com](mailto:hello@stcuthbertshospice.com)

[www.stcuthbertshospice.com](http://www.stcuthbertshospice.com)

St Cuthbert's Hospice, Durham is registered by the Charity Commission  
as a Charitable Incorporated Organisation.

Charity Number: 519767 VAT Number: 997305770.

Registered Office: St Cuthbert's Hospice, Park House Road, Durham, DH1 3QF