

Tips for Managing Fatigue While on Chemotherapy

Things you can do on your own



Plan your day

- Make a list of the things that are most important for you to do that day and focus on them
- Spread activities out throughout the day, making sure you have time to rest in between
- Be kind to yourself! Be “okay” with it if you can’t get through everything on your list; most things can wait until tomorrow

Move your body - exercise is one of the best ways to treat fatigue

- Try to be physically active e.g. go for a walk, for at least 15-30 minutes every day
- If 30 minutes of exercise is too hard, break it up into three, 10-minute sessions

Get sufficient rest

- Get at least 7 to 8 hours of sleep at night

Ask for help

- Ask for help with activities that are tiring, especially household chores
- People often want to help, but don’t know what to do. Give friends and family members specific ideas of tasks that would be helpful to you.

When to seek medical attention



- If you have chest pain
- If you feel breathless
- If you have a fever $\geq 38^{\circ}\text{C}$
- If you feel confused or dizzy
- If you are unable to carry out normal daily activities of living



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