



Living With Chronic Fatigue Syndrome

**Overview**

If you're dealing with the long-lasting exhaustion of chronic fatigue syndrome, you know how frustrating it can be. You're tired all the time. Sleep doesn't give you relief. It can be so hard to find the energy to do the things you want to do. And while there's no cure for CFS, there are things you can do to get some relief.

Take an active role in your care

First, take an active role in your care. Schedule regular checkups. Develop a good relationship with your doctor. Ask questions when you don't understand something. Make sure to follow your doctor's advice. If your doctor prescribes medications for you, take them as directed.

Focus on health

Focus on your health. Eat nutritious meals. If your doctor says it's OK, get regular exercise. Do mild physical exercise on days when you have the energy. If you have a day where you're just too tired, don't do as much.

Beat stress

Try to lower your stress level. If you feel overwhelmed by the things you need to get done, break them into smaller tasks. Spread out the challenging stuff. A little planning can help relieve a lot of stress. You can also beat stress with things like meditation and deep-breathing exercises, which help you relax.

Stay positive

Finally, stay positive. Fatigue can drain you emotionally, but it's important that you don't lose hope. So reach out to others. Maintain connections with your loved ones and friends. These relationships help provide a support system for you. A support group may be helpful, too. And if you're depressed, tell someone. Talk to your doctor so you can get the treatment you need.

Conclusion

If you take an active role in your care and follow your doctor's advice, you can learn to manage your symptoms and take back your life.