



Coping With Cancer-Related Fatigue



Overview

Fatigue is a common problem for people who have cancer. It's a feeling of deep exhaustion that affects your body and your mind. It's draining, and even sleep doesn't fully refresh you. But there are things you can do. Try these simple strategies to fight fatigue.

Sleep and rest

First, make good sleep habits a priority. Try to get seven to eight hours of sleep every night, and give yourself time to rest during the day. Keep in mind that if you rest too much during the day, you may have trouble falling asleep at night. A few short naps or rest breaks during the day can be better than one long nap.

Focus on health

Focus on fitness. Stay as active as you can. Your doctor can recommend good exercises. Eat a healthy diet. Make sure you're eating fresh fruits and vegetables, and drink plenty of water.

Reduce stress

You need to reduce stress in your life. So tackle the important things, and don't focus on the rest. You likely can't do everything you want to do each day, and that's OK. Be sure to ask for help when you need it.

Distract yourself

Try to find ways to take your mind off your fatigue. Listen to music. Read a book. Chat with your friends. Take a walk in the park, or just sit on a bench and watch the birds. These can make you feel good without using up a lot of energy.

Conclusion

And finally, make sure you're talking to your doctor about your fatigue. Ask about medications that may help you. And reach out if you feel depressed or overwhelmed so you get the care you need.