

# Managing Fatigue

You don't have to manage fatigue alone



## Pace yourself

- Spread activities throughout the day
- Break tasks into smaller steps
- Prioritise what really needs to be done
- Allow yourself to rest without guilt

## Keep gently active

Although it may feel difficult, gentle physical activity can help reduce fatigue:

- Short walks
- Light stretching
- Gentle exercise or movement classes





### Eating and drinking

- Eat small, regular meals if energy is low
- Include nourishing foods to support energy levels
- Drink enough fluids throughout the day

If eating feels difficult, ask your healthcare team for advice.

### Look after your wellbeing

- Talk about how you are feeling with someone you trust
- Accept help from others when it is offered
- Practice relaxation techniques such as breathing or mindfulness
- Be kind to yourself – fatigue is not a sign of weakness

### Need support or more information?

We are here to help you move safely, confidently, and at a level that feels right for you.

📞 Call: 07746 462456

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**You are not alone. Support is available.**