Fatigue / Tiredness

Let’s talk about fatigue/tiredness...

- Fatigue/tiredness is the most common symptom of cancer and the most common side-effect of cancer treatment.
- Fatigue/tiredness can feel like constant and heavy exhaustion. It feels like you have less energy and lower ability to focus.
- It is not the same as being tired at the end of the day. It is not relieved by rest, and can interfere with your usual activities.
- If you have a sudden increase or unusual fatigue or weakness in the legs, call your healthcare team immediately.

What you can do

- Use a diary to track your fatigue patterns to help with planning your activities.
- Save energy for things that are important to you.
- Listen to your body and rest when you need to
- Make sure you are eating/drinking enough to meet your body’s energy needs.
- Stay as active as possible (try walking 20-30 minutes, 3-5 times per week).
- Ask for support from family and friends.

- Try activities to make you more relaxed (e.g. relaxation therapy, meditation, deep breathing, or guided imagery).
- Ask your healthcare team about trying home-based white light therapy.
- For tips on improving your sleep, please refer to the “Sleep Changes” tip sheet.
- Ask your healthcare team for a referral for help with fatigue (e.g. rehabilitation specialist or occupational therapist).

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This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.