

# Fatigue

Fatigue is a very common side effect of cancer treatment that can disrupt your ability to do everyday things. Here's what you can do to help deal with fatigue.

## TRY THIS

**Ask for help.** Reach out to friends and family to help you with chores and errands.

**Set priorities.** Identify the most important tasks each day, and then focus your energy on those tasks.

**Keep a schedule.** Wake up, go to bed, and rest at the same times each day.

**Be active.** Get an energy boost with exercise, even if it's only for a few minutes.

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## CHECK THIS OUT

**Visit** the Springboard page on Fatigue.

<https://survivorship.cancer.gov/springboard/symptoms/fatigue>

**Listen** to this audio recording for ways to deal with fatigue caused by cancer treatment. <http://go.usa.gov/xxAeQ>

**Find** out what caregivers can do to help you. <http://goo.gl/27UKHH>