

# Managing fatigue



It's common for people undergoing cancer treatment to experience fatigue, because repairing tissue damaged by radiation or chemotherapy requires a great deal of energy. It doesn't mean your treatment isn't working or that your health is getting worse. However, it can go on for weeks or months after treatment has finished. Here are some tips that might help you reduce your fatigue.

- Drink plenty of water.
- Eat a variety of healthy snacks several times a day (instead of just having three big meals per day).
- Have short naps (long ones may make it difficult for you to sleep at night).
- Try having naps before you feel too tired.
- Try to avoid doing too much physical work. Sit whenever possible (e.g. when ironing, cutting up food, talking on the phone), take rest breaks and don't be afraid to ask for help (e.g. with laundry, or putting out the bins).
- Speak to your specialist doctor or GP about how you can incorporate some gentle exercise into your day. It can make you sleep better at night and feel more energetic during the day.
- If available, consider using online shopping or placing orders at your local supermarket so that your groceries are delivered to your door.
- If you find you are having difficulty remembering things, make lists (if you don't already).
- When you feel okay, make large quantities of food like casseroles or soup that you can freeze so that you have something ready for when you're not feeling so good.
- If you smoke, talk to your specialist doctor, GP or phone the [Quitline](#) on 13 78 48 for help with quitting. Smoking reduces your energy levels.