



Shropshire & Mid Wales Cancer Forum

Patients, carers and professionals working together to improve the cancer journey.

Want to help?
For an informal chat call our facilitator on 01902 446810

Tips for Cancer Related Fatigue.

- Plan ahead
- Pace yourself, rest often
- Prioritise your activities
- Get the balance right (work, rest and play)
- Delegate jobs to others
- Think how you can make tasks easier – sit don't stand
- Talk to others – and be honest about how you feel.
- Eat 3 meals + snacks daily
- Take regular exercise

CANCER RELATED FATIGUE

Have you had cancer **and** any of the following symptoms nearly every day during the last two weeks?

Significant fatigue
Diminished energy
Increased need to rest

Plus 5 or more of:-

1. General weakness
2. Reduced concentration
3. Decreased motivation
4. Insomnia
5. Sleep leaves you unrefreshed
6. Feeling more emotional
7. Difficulty completing tasks due to tiredness
8. Short term memory problems
9. Excessive tiredness after exertion
10. Feeling the need to struggle to overcome inactivity

**Ask your Cancer Nurse
Specialist or GP for advice**