

FATIGUE



Fatigue is a continual state of mental tiredness.

Fatigue can occur after physical activity but most commonly after mental activity..

LOOK FOR:

- Withdrawn, short answers
- Slowed responses/thinking
- Loss of appetite
- Slower movement and speech (*dull tone*)
- Irritability, anxiety, crying episodes
- Increased forgetfulness
- Lack of motivation and interest

FATIGUE ACCOMMODATIONS

- Organize routines around the times of day you feel your best
- When you first start feeling tired, **STOP** and **REST!**
- Reduce exposure to bright lights and loud noises
- Schedule rest periods throughout your day
- Keep your home and work environments uncluttered
- Use assistive technology/mechanical aids
- Reduce stress
- Avoid or limit alcohol use
- Ensure you are getting plenty of sleep
- Talk to your provider about the role medication can play in fatigue
- Talk to your provider if your fatigue effects your daily functioning



CITATIONS

www.ndbin.org • 1 (855) 866-1884 • info@ndbin.org

