



Battling Fatigue and Pain

by NEWLIFEOUTLOOK TEAM

Connecting Fatigue and Pain

One major contributor to fatigue in chronic pain is sleep quality. When you're in pain, it's impossible to get comfortable. You can help by keeping a regular sleep schedule, keeping your room dark and quiet, and the comfort of your mattress and pillow might even help. Try out mattresses in a store to see if there's one that feels very gentle against your body. You should also choose a pillow for the way you find you sleep the best. You should be sleeping on your side or back, since sleeping on your stomach can cause other issues.



Some Conditions with fatigue as a symptom

Medications	Fibromyalgia
Pain	Lupus
Sleep Disorders	Multiple Sclerosis
Substance Abuse	Anemia
Anxiety	Asthma
Arthritis	Depression
Cancer	Parkinson's Disease
Diabetes	COPD
Chronic Fatigue Syndrome	

Tired	Worn-Out
Weak	Heavy
Exhausted	Slow
Weary	Lethargic

Fatigue is:

- Lack of Motivation
- Lack of Energy
- Wearing Out Easily
- Real.

Fatigue isn't:

- Lack of Passion
- Laziness
- Just Being Tired
- Fake or Imagined

Fatigue Can Affect:

- Your mood
- Physical function
- Work performance
- Social interaction
- Family care
- Cognitive performance
- School work
- Community activities
- Sense of self
- Troust appetite





The **Fatigue Severity Scale (FSS)** is a self-reported questionnaire used to measure your fatigue. It consists of ...

NINE Questions,

each rated on a scale of

1-7

To score the Fatigue Severity Scale either add **all items** together (this will range from 7-63) or find the mean by adding your items together and dividing by 9. (This will range from 1-7)

In either case, the **higher the number** you calculate is, the **more fatigued** you are.

Sanuity & Quality of Sleep

- ✓ Have a regular bed time and wake up time
- ✓ Only get out for sleeping
- ✓ Do quiet activities if you don't sleep
- ✓ Room should be dark and quiet

Proper Nutrition

- ✓ Get daily value of vitamins and minerals
- ✓ Find out about proper nutrition at choosemyplate.gov
- ✓ Contact your doctor or a nutritionist/dietitian so you can get the most out of what you eat

Regular Exercise

- ✓ Choose an enjoyable exercise
- ✓ Do what you can and then try doing a little bit more each day
- ✓ Try to do one page to combine stretching, breathing, and calming exercises

Relaxation

- ✓ Avoid stress or stressful situations
- ✓ Do what you find relaxing: read a book, do yoga, sit outside, listen to music, etc.

Balance Work and Personal Life

- ✓ Spend your time off work with family, friends, or doing preferred activities
- ✓ Limit the amount of work you bring home with you

Avoid Drug Use

- ✓ Avoid substances including, coffee, nicotine, marijuana/pot, cocaine
- ✓ Avoid stimulants

Resources:

1. Canadian Centre for Occupational Health and Safety
<http://www.ccohs.ca/>
2. National Cancer Institute
<http://www.cancer.gov/>
3. National Library of Medicine
<http://www.nlm.nih.gov/>
4. National Parkinson's Foundation
<http://www.parkinson.org/>
5. United States Department of Agriculture