



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.

Tired
Weak
Exhausted
Weary

Worn-Out
Heavy
Slow
Lethargic

Fatigue is:

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

Fatigue

- Lack of Patience
- 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
- ✓ Your appetite



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Measure
The Fatigue Severity
N
G
ea

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

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

- 1
 - ✓ Quantity & Quality
 - ✓ Have a regular diet
 - ✓ Use your best judgement
 - ✓ Get quiet advice
 - ✓ Room should be clean
- 2
 - ✓ Proper Nutrition
 - ✓ Get daily vitamins
 - ✓ Find out about supplements
 - ✓ Contact your doctor
 - ✓ The mood out of the diet
- 3
 - ✓ Regular Exercise
 - ✓ Choose an exercise
 - ✓ Do what you like
 - ✓ Try tai chi and qigong
 - ✓ Learning exercises
- 4
 - ✓ Relaxation
 - ✓ Avoid stress or worry
 - ✓ Do what you feel like
 - ✓ Listen to music
- 5
 - ✓ Balance Work and Leisure
 - ✓ Spend your time on the preferred activity
 - ✓ Limit the amount of work
- 6
 - ✓ Avoid Drug Abuse
 - ✓ Avoid stimulants
 - ✓ Avoid depressants
 - ✓ Avoid sedatives

- ✓ Have a regular bed time and wake up
- ✓ Use your bed just for sleeping
- ✓ Do quiet activities if you're not sleepy
- ✓ Room should be dark and quiet

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- ✓ Find out about proper use of your sheep pen
- ✓ Contact your doctor or a local health professional for the most out of what you can get

- ✓ Get daily value of vitamin 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

- ✓ Do what you can and
- ✓ Try tai chi and yoga to calm nerves

- ✓ Avoid stress
- ✓ Do what you can
- ✓ Listen to music

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

- ✓ Spend your time on work with racing, tennis, preferred activities
- ✓ Limit the amount of work you bring home with

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

- methamphetamine, cocaine
- ✓ Avoid sedatives

- Avoid Drug Use**
- ✓ Avoid stimulants including: coffee, nicotine, methamphetamine, cocaine

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