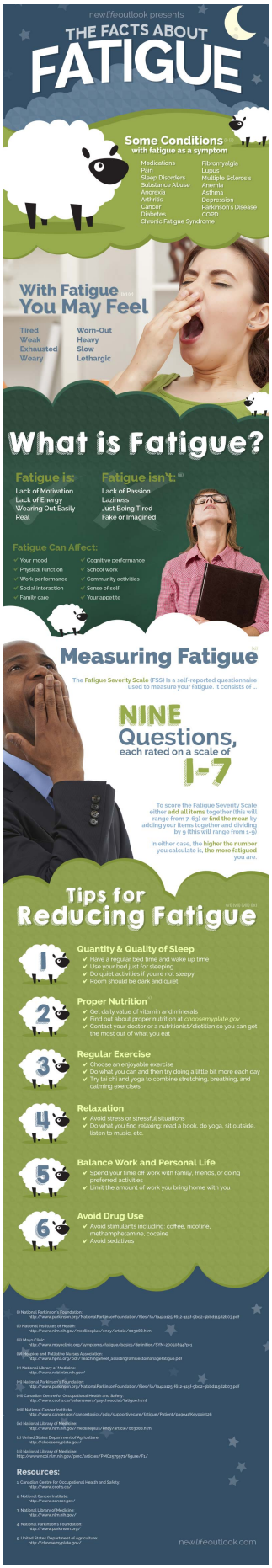
Battling Fatigue and Pain

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.


newlifeoutlook presents
THE FACTS ABOUT
FATIGUE
Some Conditions
with fatigue as a symptom
Medications
Pain
Sleep Disorders
Substance Abuse
Anorexia
Arthritis
Cancer
Diabetes
Chronic Fatigue Syndrome
Fibromyalgia
Lupus
Multiple Sclerosis
Anemia
Asthma
Depression
Parkinson's Disease
COPD
With Fatigue
You May Feel
Tired
Weak
Exhausted
Weary
Worn-Out
Heavy
Slow
Lethargic
What is Fatigue?
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
Your appetite
Measuring Fatigue
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 1-9)
In either case, the higher the number you calculate is, the more fatigued you are.
Tips for
Reducing Fatigue
1
Quantity & Quality of Sleep
Have a regular bed time and wake up time
Use your bed just for sleeping
Do quiet activities if you're not sleepy
Room should be dark and quiet
2
Proper Nutrition
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
3
Regular Exercise
Choose an enjoyable exercise
Do what you can and then try doing a little bit more each day
Try tai chi and yoga to combine stretching, breathing, and calming exercises
4
Relaxation
Avoid stress or stressful situations
Do what you find relaxing: read a book, do yoga, sit outside, listen to music, etc.
5
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
6
Avoid Drug Use
Avoid stimulants including: coffee, nicotine, methamphetamine, cocaine
Avoid sedatives
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
http://choosemyplate.gov/
newlifeoutlook.com