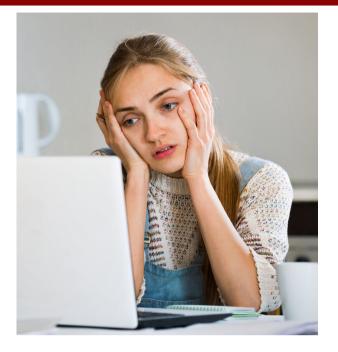
FATIGUE



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- Withdrawn, short answers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

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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





