



What Can I Do about Fatigue?

by NEWLIFEOUTLOOK TEAM

The Facts about Fatigue for Addiction

If you have fatigue, it might be because of the drugs or even alcohol you're taking. Stimulants such as methamphetamine and cocaine can cause you to stay up longer than you intend and the chemicals can continue to interrupt you during sleep. Sedatives will naturally fatigue you, since that is what they are supposed to do. Alcohol starts off as a stimulant, which might make you feel high in energy but it becomes a depressive, which causes you to feel tired. To get help for a substance abuse problem, tell someone right away. If you think you might have a problem, chances are you do. You should seek help immediately. You can get started by telling a friend or a doctor that you think you might have a problem.



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
- ✓ Do your best just to sleep
- ✓ Do quiet activities if you're not sleepy
- ✓ 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 do along a little bit more each day
- ✓ Try tai chi and yoga 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 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