

Fatigue



When getting better from COVID you may feel like you have no energy and are very tired. This is called fatigue.

You need energy moving around, but you also need it for:



- concentration
- attention
- problem solving
- talking
- making decisions



Fatigue means you have less physical, mental and emotional energy to do these things.

Coping with fatigue

Save your energy



Use your energy for things that are important. You can use the '3 Ps' to do daily tasks so you have more energy throughout the day:

- plan
- prioritise
- pace



Try to break your day into small parts and set easy goals. Rest between activities and only do what you feel able to do.



You can keep a daily activity diary. This lets you see your energy levels and avoid activities that make you tired.



Remember to include mental and emotional activities in your activity diary. This can help you plan ahead and plan what is important to you.



Try to avoid doing lots of things one day and then nothing the next few days. Instead, spread out what you are doing during the week. It is normal for your energy levels to be different on different days.



If you feel more tired and unwell when you do more activity, do not keep increasing it. Instead, work with what you're able to do without making you more tired.



It is important to avoid sitting in one position for too long. Get up each hour to have a stretch or get a glass of water.

Remember to use any walking aids you need.



Speak to your GP practice if:

- your fatigue is not improving
- you are worried about your symptoms