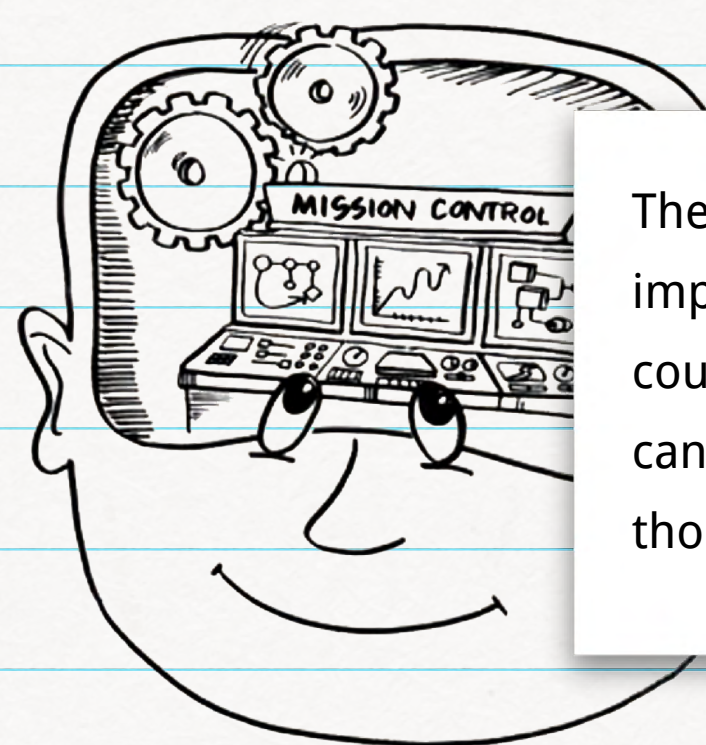


# Managing Cancer Related Fatigue

## STRESS & THINKING

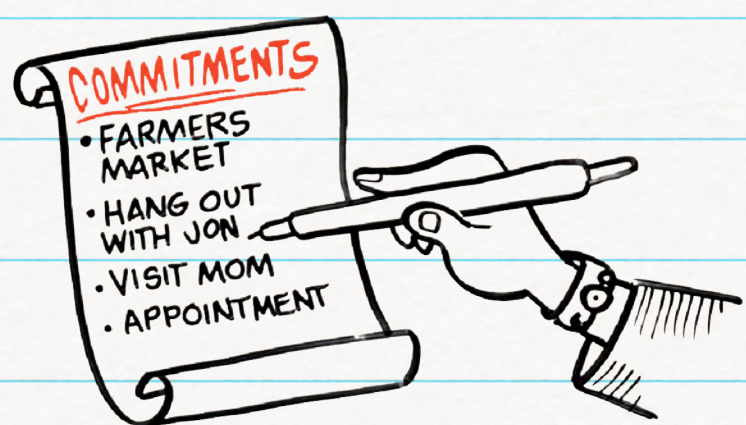


The best treatment for fatigue is often you. It is important to get treatment for medical problems that could be adding to your cancer related fatigue - but you can also gain a lot of strength through improving your thoughts, attitudes and behaviours around fatigue.

*To reduce stress and help you think more clearly, it's important to*

Remember the  
**3 Keys**

### Thoughts



- Focus on positive things and things that you can control.
- Dealing with cancer can clarify what priorities you should focus on. Consider where various commitments fit on your new priority list.
- When stressed or worried, try distracting yourself with puzzles like crosswords or sudoku.

- Attitude is key - you are the cure for fatigue!
- You will need to walk a fine line - being optimistic but also realistic, hoping for the best but preparing for less.
- Self-care skills like being adaptive, flexible and giving yourself time to process are much improved with a positive attitude.

### Attitudes



### Behaviours



- Dealing with cancer can effect your sense of control - which can effect whether you react with fear, joy, worry, sadness, or anger in certain situations.
- Cognitive Behavioural techniques - such as pleasant activity scheduling, thought records and experiments designed to test your thinking - can help you to regain a sense of control and manage your behaviour.