

# FATIGUE WORKSHEET

## Lifestyle change

- Exercise to improve strength and endurance. This improves mood and reduces the energy required to do daily activities.
- Exercise when you feel good, such as when medicine's effect is at its best; don't overdo it, pace yourself.
- Pay attention to sleep habits. Use cat naps 10 to 20 minutes during the day, if needed, to recharge for the evenings. Be careful not to overdo it.
- Avoid post-lunch fatigue by keeping your mind active with games, puzzles or hobbies, taking a walk outside.

## Dietary changes

- Eat small, frequent meals instead of big, heavy meals. Don't skip breakfast. Be sure to get plenty of fluids.
- Snack on high-energy foods such as apples, oranges, pears, yogurt, walnuts, almonds, oats and whole-grain products. Avoid processed high-sugar foods, which can rob you of your energy.
- Caffeine can be helpful for midday fatigue or sleepiness if permitted by your family doctor. Avoid caffeine after 3 p.m.
- See general dietary guidelines in nutrition worksheet and **Section 3**.

## Treatment

- Take Parkinson's medications on time to avoid wearing off.
- Avoid energy pills. They are not safe!
- See your doctor for a checkup. Anemia, malnutrition, sleep apnea, depression, thyroid and vitamin deficiencies can cause fatigue. Review your medications (prescription and over the counter) as some can cause fatigue and worsen daytime sleepiness.
- See an occupational therapist for energy conservation techniques and physical therapist or personal trainer for exercise guidance.
- Refer to **Section 2** for helpful tips on sleep, anxiety and depression. These are problems that can reduce your energy levels.