

The Six E's for Managing Fatigue

**Non-pharmacologic strategies
for coping with Fatigue:**



Education

Keep a daily diary about your patterns of fatigue. Learn your patterns of energy and inform your healthcare team.



Energy Conservation

Plan, prioritize, delegate and pace yourself during your daily activities.



Exercise

Speak to your healthcare team about a prescribed exercise regimen.



Energy Restoration

Use entertainment and diversions to cope with attentional fatigue.



Easing Stress

Cognitive therapies and stress management techniques can be learned.



Eating Well

Consult with a nutritionist about planning meals and maximizing your nutritional