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

The Department of Pain Medicine and Palliative Care is dedicated to providing comprehensive care of the highest quality in pain management and palliative care, and advancing the educational and research aims of these disciplines.

For further information, visit the fatigue section on the Pain Medicine and Palliative Care website at [www.stoppain.org](http://www.stoppain.org).

For an appointment, call the Fatigue Practice 212-844-6776

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