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Managing your fatigue

It is common to experience fatigue (feeling tired even when rested) before, during and after cancer treatment. It is important to keep doing some low intensity exercise during times of fatigue as it often helps reduce tiredness. Carefully checking your fatigue, and changing your exercise intensity and duration can help manage this. You may find that shorter, more regular exercise sessions are easier. By stopping all activity, you may lose fitness and strength. This can make your fatigue worse.

Cancer related fatigue

The video below provides information about fatigue during cancer and how to cope with it. It refers to a program available at Peter MacCallum Cancer Centre. If you need additional help with your fatigue, ask your treating team if your hospital can support you. Please click on the video below to watch:

Cancer related fatigue, *courtesy of Peter MacCallum Cancer Centre, 2024.*

Additional information about managing fatigue

Information session on managing cancer related fatigue - Peter MacCallum Cancer Centre

Video information on how to manage cancer related fatigue

Fatigue - Cancer Council Australia

Written information about fatigue during cancer and how to cope with it

Visit website

Dealing with cancer related fatigue - Peter MacCallum Cancer Centre

Written information on fatigue in cancer and how to cope

Visit website

Cancer related fatigue - Peter MacCallum Cancer Centre

Links to additional resources on coping with fatigue in cancer

Visit website

Cancer Mind Care: Fatigue

Written information about fatigue during cancer and how to cope with it

Visit website

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