

WHAT TO KNOW ABOUT...

FATIGUE

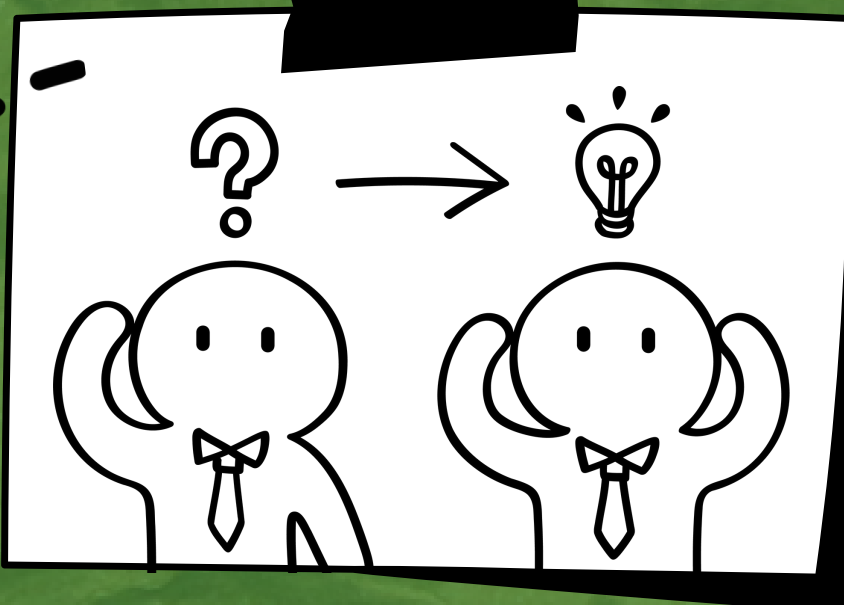
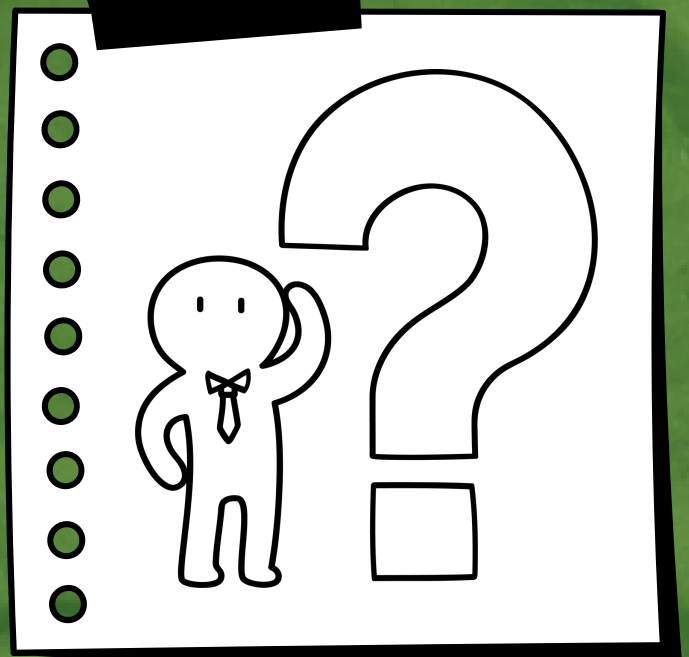
"Fatigue is a feeling of constant exhaustion, burnout or lack of energy. It can be physical, mental or a combination of both."

- Better Health Channel, 2024

PROBLEM

We all feel tired and exhausted from time to time. However, chronic or extreme fatigue and exhaustion can be a sign of a serious problem.

Chronic fatigue can impact how you think, feel, work, learn, move, eat, sleep, and engage with others.



SIGNS

(NOT A COMPLETE LIST)

Lack of energy

Moodiness or irritability

Poor concentration

Sleep problems

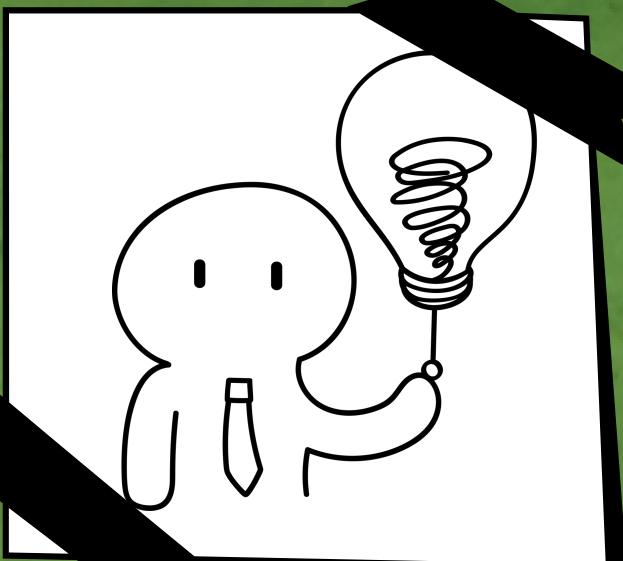
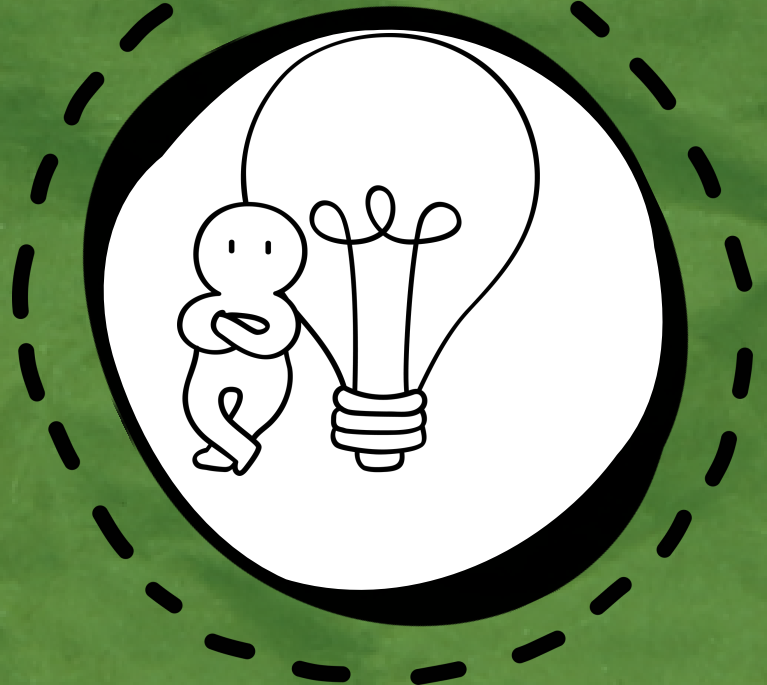
Increased or decreased appetite

Sore or aching muscles

Low motivation

SOLUTIONS

- See your doctor and complete a medical assessment to rule out any medical concerns
- See a mental health professional if you are dealing with ongoing psychological or mental health stressors
- Think about work-life balance and implement strategies that will help you break the cycle



RESOURCES

Assessment tool: [Fatigue Severity Scale \(FSS\)](#)

Articles on fatigue:

- [Mount Sinai Health System](#)
- [Better Health Channel](#)

Services:

- [Aid In Healing Wellness and Psychological Services \(for California residents only\)](#)
- [Walk Lite Coaching Services](#)