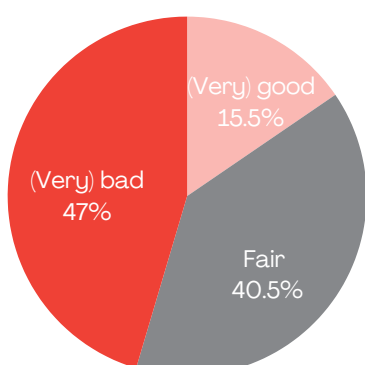


# MANAGING EXCESSIVE TIREDNESS & FATIGUE

## WHAT MATTERS TO YOU?

### Perceived overall health



### Most respondents rate their health as fair or (very) bad

Overall, all three areas of health (physical health, mental health and general wellbeing) are most frequently perceived as 'fair' or '(very) bad'.

Physical health is rated as 'bad' or 'very bad' by 70% of respondents.

### Excessive tiredness and fatigue often present alongside other symptoms

On average, respondents suffer with a combination of eight symptoms. Apart from extreme tiredness (97%), memory and concentration (90%), depression and anxiety (80%) and joint pain (77%) are the three most frequently reported symptoms.

Over half of respondents (57%) also experience isolation and/or loneliness with their condition.



Memory & concentration



Depression & anxiety



Joint pain

### Respondents are not always able to access activities that aid recovery



Two out of three respondents indicate they received help with excessive tiredness and fatigue, but 80% has been unable to access activities to aid recovery.

Social activities and mindfulness are found to be most useful to respondents that had access to activities.

## WHAT MATTERS AND WHAT CAN BE IMPROVED ?

### Information

More accessible and 'trusted' information is needed, including guidance on:

- Coping strategies
- Support services
- Self-help & peer groups
- Condition management
- Available aids and tools
- Relaxation and stress management

Information and resources should be available to patients and professionals.

### Activities

Better access to appropriate activities, including:

- Mindfulness
- Gentle massage, hydrotherapy
- Swimming, yoga
- Social activities
- A variety of adjustable exercises and/or guided exercises

Awareness, understanding and flexibility in the workplace are needed.

### Medical encounters

Increased awareness and knowledge among practitioners and availability of more trained staff.

Improved support, help and understanding from professionals.

Longer consultations, reduced referral thresholds and shorter waiting times.

Regular after care and management in the community.

For more information, please contact us

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