



The Facts About Fighting Fibromyalgia Fatigue

by NEWLIFEOUTLOOK TEAM

Fighting Fibromyalgia Fatigue: What You Need to Know

When it comes to fibromyalgia fatigue, it's important to take frequent breaks from any tasks you're doing and make sure you don't overdo it. Without managing your fatigue, you may end up finding yourself in the midst of a search of treatment for brain fog, too.

So have a chair nearby when you're doing dishes, laundry, mowing the lawn, or cooking dinner. You might even want to schedule breaks according to when you feel fatigued. Then set goals for how much you do in that time.

Consider the tips for coping with your fibromyalgia fatigue in the infographic below.

Tired
Weak
Exhausted
Weary

Worn-Out
Heavy
Slow
Lethargic

Fatigue is:
Lack of Motivation
Lack of Energy
Wearing Out Easily
Real

- Lack of Motivation
- Lack of Energy
- Wearing Out Easily
- Real

- Lack of Passion
- Laziness
- Just Being Tired
- Fake or Imagined

- Lack of Passion
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- ✓ Your mood
- ✓ Physical function
- ✓ Work performance
- ✓ Social interaction
- ✓ Family care
- ✓ Cognitive performance
- ✓ School work
- ✓ Community activities
- ✓ Sense of self
- ✓ Your appetite

The **Fatigue Severity Scale (FSS)** is a self-reported questionnaire used to measure your fatigue. It consists of

NINE
Questions,
each rated on a scale of

To score the Fatigue Severity Scale either **add all items** together (this will range from 7-63) or **find the mean** by adding your items together and dividing

In either case, the **higher the number**
you calculate is, **the more fatigued**
you are.

1. Canadian Centre for Occupational Health and Safety
<http://www.ccohs.ca/>
2. National Cancer Institute
<http://www.cancer.gov/>
3. National Library of Medicine
<http://www.nlm.nih.gov/>
4. National Parkinson's Foundation
<http://www.parkinson.org/>
5. United States Department of Agriculture