

# fatigue



- 1** Psoriatic arthritis can make you feel tired or fatigued **even after a good night's sleep**, and this is more likely when you have **inflammation, pain and active disease**.
- 2** There are **things we can do** to improve how we experience of fatigue. Feeling less **anxious or depressed, being a healthy weight and not smoking** are all linked to feeling less tired.
- 3** **Our minds are powerful, and the way we think** can impact fatigue. Some people find it helpful to focus their attention on **how they feel right now**, rather than worrying about how they might feel in the future.
- 4** **Doing too little and doing too much** can both make you feel worse. **Pace yourself, prioritize tasks and spread tasks out.**



## my plan to manage fatigue

Write down the three top reasons why making a change is important to you.

Write down a plan. This should be a small manageable step, not a big leap.

Ask yourself: Who might be able to help you make this change? When will you do it?

How will you do it? Where will you do it? Will you do it on your own or with someone else?

Plan ahead for bumps in the road.

What might get in your way? How could you adapt your plan if this happens?

"I often look fine, but can feel very different on the inside, so I used to try and carry on as if I was fine, but I would end up making myself worse. Now I have found the confidence to tell my friends and family that I need to take things at my own pace."

