

Empower - Menopause and Cancer Survivorship Pathway

Managing Fatigue

Resources

ARC Cancer Support Centres provide free, online wellbeing weekly classes that include yoga and mindfulness classes, both can aid in help to minimize fatigue symptoms. In addition, clients find that reflexology and acupuncture can assist. These one to one complimentary therapies are available in each of our 3 centres in Dublin. From time to time, we host virtual facial and hand reflexology workshops, this may also suit you if you are unable to visit our centres. Our educational programmes for talks include managing fatigue talks, all details can be found on our website. Registration is easy, email us at info@arccancersupport.ie.

The booklet linked below lays out causes and tips for managing cancer fatigue. Also included on this link is a fatigue diary (Tracking fatigue can be very helpful in understanding triggers and patterns).
[Fatigue | Irish Cancer Society](#)

Linked below is an **audiobook** that can be accessed online about fatigue management provided by Macmillan. It was written by the Macmillan organization. There are 15 main chapters but each chapter is between 3 and 15 minutes in length so it is an easy listen.

<https://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/audiobooks/coping-with-fatigue>

This link is to a Macmillan page about cancer fatigue. It is a short read and contains different sections including what fatigue is, effects of fatigue, how to manage it and resources to help.

<https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/tiredness>

The National Cancer Institute has a very short, informational webpage containing general information about fatigue. It provides hyperlinks to management resources like self-care activities. It is very short but is a helpful general overview.

<https://www.cancer.gov/rare-brain-spine-tumor/living/symptoms/fatigue>

RESTORE is resource provided by Macmillan that helps people manage fatigue. To access the resource, one has to register which can be done very easily through the link provided. The main goal of the resource is to provide in-depth information to help people manage their fatigue and improve their confidence in doing so.

<https://macmillanrestore.org.uk/>

The Answers For Cancers Podcast: Episode 5 – Managing Cancer Related Fatigue with Professor Deirdre Connolly – Available on Spotify and wherever you get your podcasts. See link in Empower Session 2 Materials!